

Parent Resource Directory

for Clackamas, Multnomah and Washington Counties



The Oregon Community Foundation
Metropolitan Portland Regional Action Initiative Committee

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Introduction

Raising children well is a core value of parents, families and communities. In the press of modern life, raising children can be challenging and lonely. The traditional supports of wise elders and neighbors may not be available, and children and parents each bring their own challenges to the relationship. How do we know where to turn? Fortunately, the metropolitan area surrounding Portland has many resources to help things go smoothly from the beginning, and to help when times get tough. The Oregon Community Foundation and our team of researchers at Portland State University share the commitment of many to get resource knowledge into the hands of every parent as well as helpful friends, faith leaders, family, and professional guides.

The directory on the following pages contains a point-in-time collection of resources available across the metropolitan area. *This directory, like all directories, is only a snapshot.* We know that a significant portion of program information will be outdated even as we print this. The purpose of this guide, then, is more to give the reader an idea of the scope and types of available parent education and family support services. It serves as a record of our work with OCF to inventory parenting education and support for the metro area. It provides evidence of work with *211info* to upload resource information into a searchable data base accessible to all. Ultimately we hope that our area will have current information online for parents and their community.

A note about where the information came from: This inventory was developed with the support of the Oregon Community Foundation through data collection methods employed by Portland State University's Center for Improvement of Child & Family Services during 2010. In a comprehensive multi-county search, using personal contacts, 'snowball' and focus group interviewing, and surveying program managers with an online questionnaire, we tapped various family and child service agencies throughout the metropolitan region for their own programmatic information as well as paper or electronic lists of parenting resources they used. Oregon State University's statewide resource directory also contained information for the metro area. We worked with *211info* to confirm programs already in their data base and hired data entry specialists to augment resource information. At the time of this writing, all resources in this directory have been brought into the *211info* database. Readers should refer to the online database at www.211info.org when a question arises, or to online telephone directories and obtain needed detail first-hand. For those interested in Clackamas County resources, another good website with a calendar feature and a searchable database is www.clackamas.us/ocf/fesn, the family education & support network of the local Commission on Children & Families.

Definitions of 3-Letter Category Codes

(Key also found at the bottom of each page of the listings.)

- AFF: Adoptive/Foster Families.** Data fields indicated any emphasis on adoptive, foster, and reunification family services.
- CSN: Children with Special Needs.** Data fields indicated a focus on children with social, emotional, and behavioral challenges or physical/mental disabilities. This category is specific – it does not include all groups of at-risk children, such as those in state custody, that some systems consider automatically “special needs.”
- DAA: Drug / Alcohol Affected Families.** If drugs, alcohol, addiction treatment, or recovery were indicated in any of the fields, this was the category.
- ECA: Education / Community Activities.** Activities conducted by schools, SUN Schools, literacy promotion activities, and those that were a “classroom setting” or “family fun” delivery model. The primary purpose of these services would be general parent education and healthy family activities, rather than parenting improvement specifically.
- GSC: General Parenting Support / Counseling.** Reflects the main concept of a parenting resource inventory at its inception, the most frequent category. Includes subgroups that probably could have been their own category, such as court-ordered parents and teen parents, but were kept inside this larger umbrella for simplicity. (Teen parent services are highlighted on an accompanying map.) Conflict resolution and clinical counseling programs for families went into this category as well, unless they were more specifically oriented toward a specific ethnic or cultural group (which went under MCT) or domestic violence (which went under PVT).
- HHE: Health / Housing / Employment.** Services that support parents’ other basic needs, that go beyond parenting roles.
- MCT: Multicultural / Translation / ESL.** Any program aimed at a specific ethnic / cultural group, or sexual minority, or that stressed how it offered translation services or services in languages other than English.
- PVT: Prevention / Violence / Trauma.** Data fields revealed a mission to prevent child abuse, respond to domestic violence, or heal childhood traumatic events.
- SDP: Single / Divorced Parent.** Emphasis on the challenges in solo parent households or working with co-parents who live elsewhere.

Obviously, the boundaries between categories can be indistinct, and few agencies have a mutually exclusive audience, so many programs have more than one code. Errors are the authors’ and not the providers.’

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Adelante Mujeres

PROGRAM: Adelante Mujeres Education Program

PHONE: 503-992-0078 Main phone

LOCATION: 2420 19th Ave
Forest Grove 97116

COUNTY: W

TYPE OF SERVICE: Culturally Specific Services

TYPE OF PARENT: Low-income families

ECA | MCT

PROGRAM DESCRIPTION: Adelante Mujeres provides holistic education to low-income Latino families. Included are English classes, adult basic education, parenting classes, and preschool. Classes are available in the daytime and / or evenings. Call for class descriptions and schedule.

DELIVERY MODEL: Classroom Setting

Adoption Mosaic

PROGRAM: Adoption Readiness Class and Post-Adoption Workshops

PHONE: 971-533-0102

LOCATION: Various Locations
Portland 97218

COUNTY: M W +

TYPE OF SERVICE: Parent Education & Support Services

TYPE OF PARENT: Parents interested in adoptive process

CSN | AFF | GSC

PROGRAM DESCRIPTION: Program promotes positive family relationships through communication and conflict resolution techniques and stress / anger management. Provides information for families with children with special needs and advocates for normalizing adoption within the larger community and talking with children about adoption.

DELIVERY MODEL: Workshops; Support Groups; Information & Referrals; Written Materials, Websites, Newsletters; Community Outreach

CURRICULA: Adoption Mosaic Workshops; Adoption Readiness; African American Haircare; Transracial Parenting

COST: Scholarships available

Adoption, Counseling, and Educational Services [ACES]

PROGRAM: Adoption, Counseling, and Educational Services

PHONE: 503-314-8591

LOCATION: 3939 NE Hancock (Various Locations)
Portland 97212

COUNTY: M W

TYPE OF SERVICE: Counseling

TYPE OF PARENT: Focus on youth experiencing trauma

CSN | MCT | PVT

PROGRAM DESCRIPTION: Provides counseling services and information on dealing with trauma while focusing on positive family relationships, communication and conflict resolution techniques, stress / anger management, and information to families with children with special needs. Translation services available.

DELIVERY MODEL: Workshops; Counseling; Information & Referral

CURRICULA: Parenting Adopting Children

COST: Contact for current program rates

Africa House

PHONE: 503-234-1541 Main phone

LOCATION: 631 NE 102nd Ave
Portland 97220

COUNTY: M W C

TYPE OF SERVICE: Culturally Specific Services

TYPE OF PARENT: African immigrant families

MCT | HHE

PROGRAM DESCRIPTION: Africa House provides a one-stop, family-focused service center with the goal of raising the visibility of the African community, highlighting community achievements, and helping the community and families achieve self-sufficiency and self determination. Interpretation services, as well as job and English language skills development are offered. Conflict resolution and family mediation services and financial literacy and health education are also available.

C = Clackamas County
M = Multnomah County
W = Washington County
+ = Various Counties Outside M, W, C

AFF = Adoptive / Foster Families
CSN = Children with Special Needs
DAA = Drug and Alcohol Affected
ECA = Education / Community Activities

GSC = General Parenting Support / Counseling
HHE = Health / Housing / Employment
MCT = Multicultural / Translation / ESL
PVT = Prevention / Violence / Trauma
SDP = Single / Divorced Parent

Albertina Kerr Centers

PROGRAM: Kerr Outpatient Services

PHONE: 503-255-4205 Main phone

LOCATION: 424 NE 22nd Ave

Portland 97232

COUNTY: M

TYPE OF SERVICE: Medical, Educational & Support Services

TYPE OF PARENT: Parents & caregivers of children with special needs

CSN

PROGRAM DESCRIPTION: Agency provides mental health and residential services for children and their families, including early intervention for children ages 3-5, for youth with combined mental health problems and developmental disabilities. Services for adults with developmental disabilities include group homes, community inclusion, skills training and supported living services.

DELIVERY MODEL: Home and Community Based Skills Training for Parents and Youth

Albertina Kerr Centers

PROGRAM: Kerr Early Intervention Program

PHONE: 503-255-4205 Main phone

LOCATION: 722 NE 162nd Ave

Portland 97230

COUNTY: M

TYPE OF SERVICE: Medical, Educational & Support Services

TYPE OF PARENT: Parents & caregivers of children with special needs

CSN | PVT

PROGRAM DESCRIPTION: This is a community program offering a range of treatment, counseling, residential placement, and education for children who are experiencing crises because of mental health issues, developmental disabilities, or traumatic events.

Albertina Kerr Centers

PROGRAM: KEIP

PHONE: 503-255-4205 Main phone

LOCATION: 1715 SE 32nd Place

Portland 97214

COUNTY: M

TYPE OF SERVICE: Medical, Educational & Support Services

TYPE OF PARENT: Parents & caregivers of children with special needs

ECA | CSN

PROGRAM DESCRIPTION: KEIP provides educational programs, mental health support, therapy and psychiatric services to children ages 3-5 and their families. KEIP specializes in at-risk preschool children who require a structured, therapeutic setting as an alternative to preschool, Head Start, daycare or in-home care.

DELIVERY MODEL: Parenting Classes; Parent Support and Networking; Center-Based Services and Home-Based-Home Visiting Services.

COST: Services are free including meals

Albina Head Start and Early Head Start

PHONE: 503-282-1975 Main phone

LOCATION: 3417 NE Seventh Ave

Portland 97212

COUNTY: M

TYPE OF SERVICE: Educational Involvement

TYPE OF PARENT: Low-income parents of children 6 weeks to 5 years

ECA | CSN | HHE

PROGRAM DESCRIPTION: Promotes school readiness by enhancing the social and cognitive development of children through the provision of educational, health, nutritional, social and other services; including services for children with special needs.

DELIVERY MODEL: Parenting Classes; Parent Support and Networking; Center-Based Services and Home-Based-Home Visiting Services.

COST: Services are free including meals

C = Clackamas County

M = Multnomah County

W = Washington County

+ = Various Counties Outside M, W, C

AFF = Adoptive / Foster Families

CSN = Children with Special Needs

DAA = Drug and Alcohol Affected

ECA = Education / Community Activities

GSC = General Parenting Support / Counseling

HHE = Health / Housing / Employment

MCT = Multicultural / Translation / ESL

PVT = Prevention / Violence / Trauma

SDP = Single / Divorced Parent

Alison Taylor Private Practice

PROGRAM: Couples Counseling; Divorce (or related) Mediation; Parent Coordination; Custody Evaluation Services

PHONE: 503-539-0581

LOCATION: 4660 NE Belknap Ct, Ste 101 Hawthorne Farm Executech Suites Hillsboro 97124

COUNTY: W

TYPE OF SERVICE: Family Counseling & Mediation

TYPE OF PARENT: Parents court involved

AFF | GSC

PROGRAM DESCRIPTION: Provides communication and conflict resolution skill development as well as mediation and support for families operating within the court system.

DELIVERY MODEL: Counseling

CURRICULA: The Handbook of Family Mediation

COST: Contact for current consultation fee

Allies in Change Counseling Center

PHONE: 503-297-7979 Main phone

LOCATION: 1815 SW Marlow Ave, Suite 208 Portland 97225

COUNTY: W M C +

TYPE OF SERVICE: Counseling

TYPE OF PARENT: General population

PVT

PROGRAM DESCRIPTION: Offers counseling for individuals, couples and groups that specializes in abuse intervention and anger management.

Andaluz Waterbirth Center

PROGRAM: Holistic Birth and Postpartum Support Services

PHONE: 503-242-2482

LOCATION: 3323 SW Naito Pkwy Portland 97239

COUNTY: M W

TYPE OF SERVICE: Birthing Support Services

TYPE OF PARENT: General population

HHE | GSC

PROGRAM DESCRIPTION: Program supports positive family relationships through holistic services for non-hospital birthing plans, postpartum care, fetal development, newborn communication, and professional consultation as well as information and referrals to social services.

DELIVERY MODEL: Support Groups; Written Materials, Websites, Newsletters; Family Fun Activities

CURRICULA: Childbirth Preparation Curriculum; Breastfeeding Curriculum

COST: Most services covered by insurance

Andaluz Waterbirth Center

PROGRAM: Holistic Birth and Postpartum Support Services

PHONE: 503-885-0228

LOCATION: 19255 SW 65th Ave Suite 220 Tualatin 97062

COUNTY: M W

TYPE OF SERVICE: Birthing Support Services

TYPE OF PARENT: General population

HHE | GSC

PROGRAM DESCRIPTION: Program supports positive family relationships through holistic services for non-hospital birthing plans, postpartum care, fetal development, newborn communication, and professional consultation as well as information and referrals to social services.

DELIVERY MODEL: Support Groups; Written Materials, Websites, Newsletters; Family Fun Activities

CURRICULA: Childbirth Preparation Curriculum; Breastfeeding Curriculum

COST: Most services covered by insurance

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ARTZ Center for Developmental Health and Audiology (formerly NW Early Childhood Institute and the Hearing and Speech Institute)

PROGRAM: Parent Education and Support

PHONE: 503-672-7857

LOCATION: 1675 SW Marlow Ave suite 200
Portland 97225

COUNTY: W M +

TYPE OF SERVICE: Counseling

TYPE OF PARENT: Parents of children with special needs

ECA | CSN

PROGRAM DESCRIPTION: Program focuses on helping children with feeding difficulties, children's occupational therapy, speech / language pathology therapy, and audiology for children with hearing issues and hearing loss.

DELIVERY MODEL: Workshops; Home Visitation; Support Groups; Counseling; Written Materials, Websites, Newsletters; Community Outreach

CURRICULA: The Incredible Years; It Takes Two to Talk; Visual Helpers; Circle of Security; Handwriting Without Tears; Positive Discipline

COST: Scholarships available

Asian Family Center

PHONE: 503-234-1541 Main phone

LOCATION: 4424 NE Glisan St
Portland 97213

COUNTY: M

TYPE OF SERVICE: Educational & Support Services

TYPE OF PARENT: Asian Immigrants

ECA | MCT

PROGRAM DESCRIPTION: The AFC provides multilingual-multicultural, community-based services such as early childhood development services, parent education and support, youth services, anti-poverty assistance and health education programs. Rental and energy assistance available to all eligible persons in Multnomah County.

Associate Students of Portland University (ASPU)

PROGRAM: Children's Center

PHONE: 503-725-2273

LOCATION: 1825 SW Broadway
Portland 97201

COUNTY: M

TYPE OF SERVICE: Family Engagement & Support Services

TYPE OF PARENT: Parents attending Portland State University

ECA | GSC

PROGRAM DESCRIPTION: Provides childcare and pre-school services while supporting positive family relationships and communication and conflict resolution techniques.

DELIVERY MODEL: Information & Referral; Lending Library; Written Materials, Websites, Newsletters; Community Outreach

COST: Scholarships Available

Attachment Parenting International

PROGRAM: Attachment Parenting Support Group

PHONE: 971-404-1884

LOCATION: 11692 SW Lausanne st
Wilsonville 97070

COUNTY: C M W

TYPE OF SERVICE: Birthing & Family Engagement Services

TYPE OF PARENT: Parents with children ages 0-6 years

HHE | GSC

PROGRAM DESCRIPTION: Program based upon eight principles: preparing for pregnancy birth and parenting; feed with love and respect; respond with sensitivity; use nurturing touch; ensure safe sleep; provide consistent and loving care; practice positive discipline; strive for balance in personal and family life.

DELIVERY MODEL: Workshops; Support Groups; Written Materials, Websites, Newsletters; Family Fun Activities

CURRICULA: The 8 Principles of Attachment Parenting International

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GSC = General Parenting Support / Counseling
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PVT = Prevention / Violence / Trauma
SDP = Single / Divorced Parent

COST: No cost to participate; but annual membership fee suggested for additional resources

Attachment Parenting International

PHONE: 971-404-1884

LOCATION: 11692 SW Lausanne St
Wilsonville 97070

COUNTY: C

TYPE OF SERVICE: Conflict Resolution, Health & Nutrition

TYPE OF PARENT: General population

HHE | GSC

PROGRAM DESCRIPTION: Program focuses on positive family relationships, and works to improve communication methods and conflict resolution, as well as health and nutrition.

Baby Blues Connection

PHONE: 866-616-3752 Main phone

COUNTY: M W C +

TYPE OF SERVICE: Gender Specific Support Services

TYPE OF PARENT: Mothers & family members with perinatal mood disorders

MCT | HHE

PROGRAM DESCRIPTION: Provides support and information to women experiencing any variety of perinatal mood disorders, as well as to their families and professionals. Services include telephone support, mom-to-mom support groups in five locations, Spanish phone support, partner support, and resource packets (ENG & SPA) mailed at no cost.

Barlow High School

PROGRAM: Bruin Buddies Preschool

PHONE: 503-674-5690

LOCATION: 5105 SE 302nd Ave

Gresham 97080

COUNTY: M

TYPE OF SERVICE: Child Care Services

TYPE OF PARENT: Teen parents

ECA

PROGRAM DESCRIPTION: Preschool program to support students and staff as well as the community within the Barlow High School catchment area.

DELIVERY MODEL: Classroom Setting

COST: Contact for current rate

Beaverton City Library

PROGRAM: Story Time; Every Child Ready to Read Parenting Workshops; Reading for Healthy Families; Annual Family Resource Fair

PHONE: 503-350-3600

LOCATION: 12375 SW 5th St
Beaverton 97005

COUNTY: W

TYPE OF SERVICE: Literacy

TYPE OF PARENT: Parents with children 0-9 years

ECA

PROGRAM DESCRIPTION: Promotes positive family relationships with a focus on developing literacy skills.

DELIVERY MODEL: Workshops; Support Groups; Lending Library; Family Fun Activities; Community Outreach

CURRICULA: Every Child Ready to Read

COST: Free

Beaverton School District

PROGRAM: Continuing Education for Young Parents

PHONE: 503-259-5608

LOCATION: 16550 SW Merlo Rd
Beaverton 97006

COUNTY: W

TYPE OF SERVICE: Literacy & Parent Education

TYPE OF PARENT: General population, with focus on teen parents, single parents, and new parents

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GSC = General Parenting Support / Counseling
HHE = Health / Housing / Employment
MCT = Multicultural / Translation / ESL
PVT = Prevention / Violence / Trauma
SDP = Single / Divorced Parent

ECA | GSC

PROGRAM DESCRIPTION: Provides information and referral to support academic success, career plans beyond high school, responsible parenting, problem-solving and conflict resolution.

DELIVERY MODEL: Information & Referral

COST: Free

Beaverton School District: McKinley Elementary School

PROGRAM: School Counseling

PHONE: 503-533-1845

LOCATION: 1500 NW 185th Ave
Beaverton 97006

COUNTY: W

TYPE OF SERVICE: School Environment & Early Education

TYPE OF PARENT: Parents minimally involved in children's education; specializing in parents with children 5-11 years

ECA | MCT

PROGRAM DESCRIPTION: Provides assistance with school and academic achievement, positive family relationships, and information and referrals to social services. Translation services available.

DELIVERY MODEL: Information & Referral; Written Materials, Websites, Newsletters

CURRICULA: following American School Counseling Guidelines; modified Love Makes a Family

COST: Free

Beaverton School District: Scholls Heights Elementary School

PROGRAM: School Counseling

PHONE: 503-524-1365

LOCATION: 16400 SW Loon Dr
Beaverton 97007

COUNTY: W

TYPE OF SERVICE: Parent Education & Support Services

TYPE OF PARENT: Parents of children ages 5-11 years who display behavior problems

MCT | GSC

PROGRAM DESCRIPTION: Program focuses on basic parenting skills and information and referrals for additional services. Translation services available.

DELIVERY MODEL: Counseling; Information & Referral; Written Materials, Websites, Newsletters

CURRICULA: modified Incredible Years

COST: Free

Better Dads

PROGRAM: Parenting Skills Workshops

PHONE: 503-665-3761

LOCATION: 37 SW Riverview Pl
Gresham 97080

COUNTY: C M W

TYPE OF SERVICE: Parent Education

TYPE OF PARENT: General population specializing in single mothers

SDP

PROGRAM DESCRIPTION: Program promotes positive family relationships by supporting single mothers with sons to foster positive character development and improving parent-child bond.

DELIVERY MODEL: Workshops; Written Materials, Websites, Newsletters

COST: Scholarships available for programs

Beyond Birth at Zenana Spa and Wellness Center

PROGRAM: New Moms Breastfeeding Support Groups; Breastfeeding Support Classes

PHONE: 503-238-6262

LOCATION: Various Locations

COUNTY: M

TYPE OF SERVICE: Breastfeeding & Birthing Support Services

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TYPE OF PARENT: General population with grant for low-income parents

HHE

PROGRAM DESCRIPTION: Provides lactation and birthing assistance for mothers and partners.

DELIVERY MODEL: Workshops; Support Groups; Information & Referral; Written Materials, Website, Newsletters

COST: Contact for current program rates

Birthingway College of Midwifery

PROGRAM: The Specialized Programs: Doula Program, Childbirth Educator Program, Lactation Counselor Program, Postpartum Doula Program

PHONE: 503-760-3131 or 503-760-3332

LOCATION: 12113 SE Foster Rd
Portland 97266

COUNTY: C M

TYPE OF SERVICE: Access to Childbirth Support

TYPE OF PARENT: Pregnant women and mothers with infants

MCT | HHE

PROGRAM DESCRIPTION: Provides individualized care to pregnant mothers with breastfeeding, prenatal, and birthing information. Translation services available.

DELIVERY MODEL: Support Groups; Written Materials, Websites, Newsletters

COST: Free

Black Parent Initiative

PROGRAM: Parent University; At Home: Intensive Home-Based Support

PHONE: 503-284-8000

LOCATION: 2811 NE Holman
Portland 97211

COUNTY: M

TYPE OF SERVICE: Culturally Specific Services

TYPE OF PARENT: General population specializing in African American parents

MCT | ECA

PROGRAM DESCRIPTION: Program promotes positive family relationships and communication techniques through a variety of topics as child development, positive discipline, school involvement as well as others. Contact for current topics.

DELIVERY MODEL: Workshops; Home Visitation; Support Groups; Counseling; Information & Referral; Written Materials, Websites, Newsletters; Family Fun Activities; Community Outreach

COST: Free

Black Parent Initiative

PROGRAM: Black Parent Initiative

PHONE: 503-284-8000 Main phone

LOCATION: 2715 NE Dekum
Portland 97211

COUNTY: M

TYPE OF SERVICE: Culturally Specific Parent Education

TYPE OF PARENT: General population, specializing in African American parents

ECA | MCT

PROGRAM DESCRIPTION: The Black Parent Initiative inspires and mobilizes Black parents to ensure their children achieve educational excellence through community education and training (Parent University Program). All classes are aligned with: Financial Literacy, Adult Literacy, Parental Management, Parental Engagement, Effective Parenting, Health Literacy, and Childhood and Early Education.

Boys & Girls Aid

PHONE: 503-222-9661 Main phone

LOCATION: 018 SW Boundary Ct
Portland 97239

COUNTY: M

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TYPE OF SERVICE: Parent Education
TYPE OF PARENT: Interest in foster care parenting
AFF
PROGRAM DESCRIPTION: Provides information to people interested in providing foster care and about the foster care certification program. Involves meetings, home visits, references and training. Interested persons can attend an information session the first Tuesday of most months. Foster parents receive ongoing training and 24-7 support.
DELIVERY MODEL: Public Education; Community Outreach & Support Groups; Training for Service Providers

Bradley-Angle House

PHONE: 503-232-1528 Administration
LOCATION: PO Box 14694
 Portland 97293
COUNTY: M
TYPE OF SERVICE: Crisis Line, Housing & Support Services
TYPE OF PARENT: Domestic violence & sexual assault survivors
MCT | PVT | HHE
PROGRAM DESCRIPTION: Services for mothers and children and single women affected by domestic and sexual violence. Culturally specific services available for LGBTQ, African and African-American women. Services include 24-hour crisis hotline, children's programs, transitional services and housing (up to six weeks of emergency shelter), domestic violence support groups, and limited meals.
DELIVERY MODEL: Family Engagement, Parent Education, and Classroom Setting
CURRICULA: Guiding Good Decisions; Families and Schools Together

Café Au Play

PHONE: www.cafeauplay.org
LOCATION: 5633 SE Division St
 Portland 97206

COUNTY: W
TYPE OF SERVICE: Support Groups & Community Outreach
TYPE OF PARENT: General population
ECA
PROGRAM DESCRIPTION: The coffeehouse provides a welcoming, parent-friendly environment where adults and children can gather on a daily basis, develop lasting relationships and exchange resources. It connects families to services and support networks, including weekly new parent support groups.

Campfire USA Portland-Metro Council

PROGRAM: Community School Programs (SUN Schools) - Parenting Support
PHONE: 503-988-6295
LOCATION: SUN Schools (Various Locations)
COUNTY: M W
TYPE OF SERVICE: Family Engagement
TYPE OF PARENT: Parents with children ages 4-9 years
CSN | MCT | GSC
PROGRAM DESCRIPTION: Program promotes positive family relationships, communication and conflict resolution techniques, child care information, support for families with children with special needs, and information and referrals to social services. Translation services available.
DELIVERY MODEL: Workshops; Home Visitation; Support Groups; Information & Referrals; Written Materials, Websites, Newsletters; Family Fun Activities; Community Outreach
CURRICULA: The Incredible Years; Guiding Good Choices
COST: Free

Canby WIC Office

PHONE: 503-742-5300 Main phone
LOCATION: 109 Second St
 Canby 97013

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COUNTY: C

TYPE OF SERVICE: Health & Nutrition

TYPE OF PARENT: Low-income parents

HHE

PROGRAM DESCRIPTION: WIC is a public health nutrition program designed to improve health outcomes and influence lifetime nutrition and health behaviors in a targeted, at-risk population. Nutrition education is the cornerstone of the WIC Program. Offers information and referral to other health programs like immunization and social service programs.

DELIVERY MODEL: Individual Counseling & Classroom Setting

CARES Northwest

PROGRAM: Child Abuse Prevention (CAP)

PHONE: 503-276-9000

LOCATION: 2800 N Vancouver Suite 201
Portland 97227

COUNTY: C M W

TYPE OF SERVICE: Conflict Resolution & Child Care Information

TYPE OF PARENT: General population specializing in teen parents and foster parents

PVT

PROGRAM DESCRIPTION: Program focuses on child abuse prevention and mediating caregiver stress.

DELIVERY MODEL: Workshops

CURRICULA: Child Abuse Intervention Protocol

COST: Free

CARES Northwest

PROGRAM: Child Abuse Prevention (CAP)

PHONE: 503-276-9000 Main phone

LOCATION: 2800 N Vancouver St, Suite 201
Portland 97227

COUNTY: M

TYPE OF SERVICE: Parent Education, Safety & Health

TYPE OF PARENT: General population

GSC | PVT

PROGRAM DESCRIPTION: Presentations show participants some situations in which children may be at risk of harm or death. The presentations teach specific techniques to ensure children's safety and healthy development.

Cascade AIDS Project

PROGRAM: Kids Connection

PHONE: 503-223-5907 Main phone

LOCATION: 208 SW Fifth Ave, Suite 800
Portland 97204

COUNTY: M

TYPE OF SERVICE: Medical, Educational & Support Services

TYPE OF PARENT: Parents & families HIV impacted

ECA | HHE

PROGRAM DESCRIPTION: Kids Connection provides HIV disclosure counseling, education materials, parent-child activities, guardianship planning, parental support group, social events, home visits, and medical support for families infected or affected by HIV. Separate programs are offered for children 0-12 and teens.

DELIVERY MODEL: Counseling, Support Groups, Case Management

Cascadia Behavioral Healthcare

PROGRAM: Child & Family Program

PHONE: 503-674-7777 Central Intake and Referral Line;
503-230-9654 Addictions

LOCATION: 10373 NE Hancock St, Suite 200
Portland 97220

COUNTY: C

TYPE OF SERVICE: Medical, Educational & Support Services

TYPE OF PARENT: Parents & families alcohol & drug impacted

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DAA | PVT

PROGRAM DESCRIPTION: Individual, family, and group counseling related to mental health issues, alcohol abuse, sex abuse, domestic violence; parenting support groups; case management, and medication.

DELIVERY MODEL: Case Management

Catholic Charities: El Programa Hispano

PROGRAM: El Programa Hispano: Gresham

PHONE: 503-231-4866 Main phone

LOCATION: 138 NE Third St, Suite 140
Gresham 97030

COUNTY: **M**

TYPE OF SERVICE: Culturally Specific Services

TYPE OF PARENT: Low-income parents & families

ECA | MCT | HHE

PROGRAM DESCRIPTION: Provides information and referral to the Hispanic community and a comprehensive array of social and mental health services to low-income Latino families. Services include case management to clients needing assistance with housing and utilities; citizenship and literacy classes; bilingual and bicultural mental health and addiction services; a school-based youth services program; elder outreach; parents' child development services; and services for gang-affected youth. Legal services are provided through Immigration Legal Services, a program of Catholic Charities.

DELIVERY MODEL: Case Management

Catholic Charities: El Programa Hispano

PROGRAM: Project UNICA: Gresham

PHONE: Not Available

LOCATION: 138 NE Third St, Suite 140
Gresham 97030

COUNTY: **M**

TYPE OF PARENT: **DAA | ECA | MCT | PVT**

PROGRAM DESCRIPTION: Services available to Multnomah County residents include citizenship classes,

Spanish literacy and ESL classes, budgeting and finance education and classes for the written driver's exam. The Project Unica domestic violence and sexual assault hotline, bilingual and bicultural mental health and addiction services, and a health outreach program are available as well.

Cedar Counseling Center

PROGRAM: Family Therapy; Parenting Classes

PHONE: 503-641-0963

LOCATION: 11975 SW 2nd St Suite 110
Beaverton 97005

COUNTY: **W**

TYPE OF SERVICE: Counseling & Support Services

TYPE OF PARENT: Parents of / and juvenile sex offenders

PVT

PROGRAM DESCRIPTION: Program promotes positive family relationships, communication techniques, and stress / anger management by focusing on marital conflict. Program is based upon domestic violence prevention. Translation services provided.

DELIVERY MODEL: Support Groups; Counseling; Written Materials, Websites, Newsletters

CURRICULA: The Incredible Years; Caring Dads Program; Parenting Wisely

COST: Scholarships available for programs

Cedar Mill Community Libraries

PROGRAM: Story Times; Every Child Ready to Read Parenting Workshops

PHONE: 503-644-0043 x112

LOCATION: 12505 NW Cornell Rd Cedar Mill Library
Portland 97229

COUNTY: **W**

TYPE OF SERVICE: Literacy

TYPE OF PARENT: Parents with children 0-6 years

ECA

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PVT = Prevention / Violence / Trauma

SDP = Single / Divorced Parent

PROGRAM DESCRIPTION: Program focuses on early literacy, language building, and stress-free family fun activities.

DELIVERY MODEL: Workshops; Classroom Setting; Lending Library; Written Materials, Websites, Newsletters; Family Fun Activities

CURRICULA: Every Child Ready to Read

COST: Free

Cedar Mill Community Libraries

PHONE: 503-617-7323

LOCATION: 15325 NW Central Dr Cedar Mill Library
Bethany
Portland 97229

COUNTY: W

TYPE OF SERVICE: Literacy

TYPE OF PARENT: Parents with children 0-6 years

ECA

PROGRAM DESCRIPTION: Program focuses on early literacy, language building, and stress-free family fun activities.

DELIVERY MODEL: Workshops; Classroom Setting; Lending Library; Written Materials, Websites, Newsletters; Family Fun Activities

CURRICULA: Every Child Ready to Read

COST: Free

Centennial Learning Center

PROGRAM: Thrive

PHONE: 503-762-7450

LOCATION: 17630 SE Main St
Portland 97233

COUNTY: M

TYPE OF SERVICE: Educational Involvement

TYPE OF PARENT: Parents of children ages 10-18 years, who are at risk for dropping out

ECA

PROGRAM DESCRIPTION: Program focuses on goal setting and helping children find their passion and create goal plans in preparation for higher education.

DELIVERY MODEL: Support Groups; Information & Referral

CURRICULA: Thrive from the Thrive Foundation for Youth

COST: Free

Centennial School District #28J

PROGRAM: Teen Parent Program

PHONE: 503-760-7990 Main phone

LOCATION: 3505 SE 182nd Ave
Gresham 97030

COUNTY: M W C +

TYPE OF SERVICE: Educational & Support Services

TYPE OF PARENT: Teen parents

ECA | HHE

PROGRAM DESCRIPTION: Supports pregnant and parenting teens to succeed in school; offers job skills and placement, childcare, and home tutoring.

Center for Family Success

PROGRAM: Parenting Inside-Out

PHONE: 503-286-0600 Main phone

LOCATION: 229 SE 181st Ave
Gresham

COUNTY: M W C +

TYPE OF SERVICE: Parent Education

TYPE OF PARENT: Parents court involved

GSC

PROGRAM DESCRIPTION: Research-based, DHS-approved parenting curriculum focuses on the needs of families who have been involved in the criminal justice system to expand parents' understanding of child development and problem solving skills. Additional coached and supported parenting time is available to some, to complement and enhance classroom instruction. Participating families can

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work with parent advocates to create their own family plans and connect with community resources and services.

Center for Family Success

PROGRAM: Pathfinder Academy
PHONE: 503-286-0600 Main phone
LOCATION: 7528 N Charleston Ave
 Gresham

COUNTY: M W C

TYPE OF SERVICE: Educational & Support Sevices
TYPE OF PARENT: Teen parents

ECA

PROGRAM DESCRIPTION: Alternative high school for youth who are pregnant or parenting. Individual learning plan toward certificate of initial mastery or GED. Focus on social skills such as parenting team building, problem solving and communication. On-site case management. Classes are held on Monday-Friday from 10am-3pm. Other supportive services include childcare, college entry assistance and referral to other providers.

DELIVERY MODEL: Workshops; Home Visitation; Support Groups; Information & Referral
CURRICULA: Parenting Inside-Out; Healthy Relationships: Successful Families
COST: Free

Central City Concern

PROGRAM: Letty Owings Center
PHONE: 503-294-1681 Main phone
LOCATION: 2545 NE Flanders St
 Portland 97232

COUNTY: M W C

TYPE OF SERVICE: Mothers, Gender Specific
TYPE OF PARENT: Alcohol & drug impacted

DAA

PROGRAM DESCRIPTION: This program provides a comprehensive intensive residential treatment center for chemically dependent women who are pregnant or parenting to learn life skills and parenting skills.
DELIVERY MODEL: Case Management

Center for Family Success (under Children's Justice Alliance and Pathfinder's of Oregon)

PROGRAM: Parenting Inside-Out; Healthy Relationships: Successful Families; Children-Parent Engagement
PHONE: 503-286-0600
LOCATION: 229 SE 181st ave
 Portland 97233

COUNTY: M

TYPE OF SERVICE: Support Services
TYPE OF PARENT: Parents court involved

GSC

PROGRAM DESCRIPTION: Provides parent advocacy for navigating the court system and provides children with activities while parents are in classes on positive family relationships, communication and conflict resolution, and child care.

Central City Concern

PROGRAM: Old Town Clinic
PHONE: 503-294-1681 Main phone
LOCATION: 727 W Burnside St
 Portland 97209

COUNTY: M +

TYPE OF SERVICE: Mothers, Gender Specific
TYPE OF PARENT: Alcohol & drug impacted

DAA | HHE

PROGRAM DESCRIPTION: The clinic provides primary health care services to single, homeless men and women in the metro area. Full medical and preventative care, minor surgery, women's health exams, disability exams, and alcohol and drug treatment support are available. Also offers case management, eligibility assistance,

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acupuncture, employment / educational counseling, blood level testing, housing assistance, parenting education, outreach services, and mental health services.

CHADD

PROGRAM: CHADD-Portland Metro #246

PHONE: 301-306-7070 Main phone

LOCATION: 2211 NW Marshall
Portland 97210

COUNTY: M W C

TYPE OF SERVICE: Support Services

TYPE OF PARENT: Parents of children with special needs
CSN

PROGRAM DESCRIPTION: Support network for parents who have a child with attention deficit disorder and for adults with ADD. Meetings feature professional presenters. Publishes bimonthly newsletter. Website includes information about diagnosis, treatment and options. Medical referrals list. Also conducts a monthly parent support group.

DELIVERY MODEL: Support Group, Presentations, Newsletters

Changepoint

PROGRAM: Changepoint: Beaverton

PHONE: 503-253-5954 Main phone

LOCATION: 3003 SW 153rd Drive, Suite 214
Beaverton 97006

COUNTY: M W C

TYPE OF SERVICE: Medical & Support Services

TYPE OF PARENT: Alcohol & drug impacted

DAA | MCT | PVT

PROGRAM DESCRIPTION: This site provides Level 1 and 2 outpatient alcohol-drug treatment, culturally specific treatment for the Hispanic community, and a violence intervention program for men (English only).

Changepoint

PROGRAM: Changepoint: Oregon City

PHONE: 503-253-5954 Main phone

LOCATION: 1900 Clackamette Drive
Oregon City 97045

COUNTY: C

TYPE OF SERVICE: Men, Gender Specific

TYPE OF PARENT: Violence prevention

PVT

Changepoint

PROGRAM: Changepoint: Portland

PHONE: 503-253-5954 Main phone

LOCATION: 1949 SE 122nd Ave
Portland 97233

COUNTY: W M C

TYPE OF SERVICE: Medical & Support Services

TYPE OF PARENT: Alcohol & drug impacted

DAA | MCT | PVT

PROGRAM DESCRIPTION: This site provides Level 1 and Level 2 outpatient alcohol-drug treatment, intensive outpatient treatment program, Hispanic outpatient program, a family-based youth program, and a violence intervention program for men (English only).

Changepoint

PROGRAM: Changepoint: North Portland

PHONE: 503-253-5954 Main phone

LOCATION: 2215 N Lombard St, Suite 20
Portland 97217

COUNTY: M W

TYPE OF SERVICE: Medical & Support Services

TYPE OF PARENT: Alcohol & drug impacted

DAA

PROGRAM DESCRIPTION: This site provides Level 1 outpatient alcohol and drug treatment and intervention program for men (English Only).

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MCT = Multicultural / Translation / ESL
PVT = Prevention / Violence / Trauma
SDP = Single / Divorced Parent

Chess for Success

PROGRAM: Chess for Success After School Program

PHONE: 503-295-1230

LOCATION: 87 Locations

COUNTY: M W +

TYPE OF SERVICE: Educational Involvement

TYPE OF PARENT: Parents with children 4-14 years, specializing in low-income families

ECA

PROGRAM DESCRIPTION: Provides parent engagement activities through chess game instruction.

DELIVERY MODEL: Family Fun Activities

COST: Free

Child Centered Solutions

PROGRAM: Community Education

PHONE: 503-546-6383 Main phone

LOCATION: 808 SE 15th Ave
Portland 97205

COUNTY: M

TYPE OF SERVICE: Information Referral Service

TYPE OF PARENT: Divorcing & custody

SDP

PROGRAM DESCRIPTION: Child Centered Solutions (CCS) provides informational resources and service referrals through its website as well as direct services from its office to families and professionals addressing issues and conflicts around divorce.

Childhelp

PROGRAM: Childhelp National Child Abuse Hotline

PHONE: 800-422-4453 Hotline 24-7 or 480-922-8212
Main phone

COUNTY: C +

TYPE OF SERVICE: Crisis Line & Referral Service

TYPE OF PARENT: General population

MCT | PVT

PROGRAM DESCRIPTION: Childhelp National Child Abuse Hotline, 800-4-A-CHILD, serves the United States, its territories, and Canada 24 hours per day, 7 days per week. Staffed by professional crisis counselors who, through interpreters, can provide assistance in approximately 140 languages. The confidential and anonymous hotline offers crisis intervention, information, literature, and referrals to thousands of emergency, social service, and support resources.

Children's Center

PHONE: 503-655-7725 Main phone

LOCATION: 1811 15th St
Oregon City 97045

COUNTY: C

TYPE OF SERVICE: Medical & Support Services

TYPE OF PARENT: Focus on children with suspected abuse and neglect

PVT | HHE

PROGRAM DESCRIPTION: Medical provider for children in Clackamas County who are suspected to be victims of abuse or neglect. Provides medical exams, interviews, family support, and community education.

Children's Justice Alliance

PROGRAM: Center for Family Success

PHONE: 503-977-6399

LOCATION: Various Locations

COUNTY: M

TYPE OF SERVICE: Family Engagement & Support Services

TYPE OF PARENT: Court involved families-parents, grandparents, and caregivers

GSC

PROGRAM DESCRIPTION: Program addresses positive parent partner relations and self-advocacy and its the effect on children.

DELIVERY MODEL: Workshops; Home Visitation; Support Groups; Information & Referrals; Written Materials,

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CSN = Children with Special Needs
DAA = Drug and Alcohol Affected
ECA = Education / Community Activities

GSC = General Parenting Support / Counseling
HHE = Health / Housing / Employment
MCT = Multicultural / Translation / ESL
PVT = Prevention / Violence / Trauma
SDP = Single / Divorced Parent

Websites, Newsletters; Family Fun Activities; Community Outreach

CURRICULA: Parenting Inside-Out; Healthy Relationships: Successful Families

COST: Free

Children's Relief Nursery

PHONE: 503-283-4776 Main phone

LOCATION: 8425 N Lombard

Portland 97203

COUNTY: M

TYPE OF SERVICE: Support Services

TYPE OF PARENT: High-risk families with children 0-4 years

GSC

PROGRAM DESCRIPTION: This is an early childhood and family support program that provides early intervention, social, emotional and family support services at no cost to high-risk Multnomah County families with children between birth and four years of age.

Choices Domestic Violence Intervention Program

PROGRAM: Choices: Female Offenders Domestic Violence

PHONE: 503-239-7597 Main phone

LOCATION: 9828 E Burnside, Suite 210

Portland 97216

COUNTY: M

TYPE OF SERVICE: Gender Specific Support Groups

TYPE OF PARENT: Female domestic violence perpetrators

PVT

PROGRAM DESCRIPTION: Domestic violence intervention for women who have been violent with their partner. Program recognizes that women are most often not the primary offender.

Christian Family Adoptions

PROGRAM: Christian Family Adoptions

PHONE: 503-232-1211 Main phone

LOCATION: 6040 SE Belmont St

Portland 97215

COUNTY: M

TYPE OF SERVICE: Adoption Services

TYPE OF PARENT: Parents interested in adoptive process

AFF

PROGRAM DESCRIPTION: Assists in finding adoptive homes for babies and children. Provides on-call service and counseling for birth mothers. Online preliminary adoption application available.

City of Milwaukie

PROGRAM: Story Times for Children and Parents

PHONE: 503-786-7555 Main phone

LOCATION: 10660 SE 21st Ave

Milwaukie 97222

COUNTY: C

TYPE OF SERVICE: Literacy

TYPE OF PARENT: Parents & caregivers of children ages 0-6 years

ECA

PROGRAM DESCRIPTION: Age specific story hours for children and parents.

Clackamas Community College

PROGRAM: Young Parent Opportunity Program (YPOP)

PHONE: 503-657-6958 Main phone

LOCATION: 19600 S Molalla Ave

Oregon City 97045

COUNTY: C

TYPE OF SERVICE: Educational & Support Services

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		SDP = Single / Divorced Parent

TYPE OF PARENT: Teen parents

ECA

PROGRAM DESCRIPTION: Education and support services for pregnant and parenting teens residing in Clackamas County, ages 15-21. Classes meet 9:30am-2:30pm, Monday-Thursday.

Clackamas County

PROGRAM: Women, Infants, and Children Program

PHONE: 503-655-8476 or 503-655-8387

LOCATION: 999 Library Ct
Oregon City 97045

COUNTY: C

TYPE OF SERVICE: Breastfeeding, Health & Support Services

TYPE OF PARENT: Parents with children 0-6 years

MCT | HHE

PROGRAM DESCRIPTION: Program provides peer counseling, nutrition supplement and nutrition education information, and breastfeeding promotion. Translation services available.

DELIVERY MODEL: Workshops; Home Visitation; Written Materials, Websites, Newsletters; Community Outreach

COST: Free

Clackamas County Childcare Resource and Referral

PHONE: 503-675-4100 or 503-675-4205

LOCATION: 13455 SE 97th Ave
Clackamas 97015

COUNTY: C

TYPE OF SERVICE: Information & Referral Service

TYPE OF PARENT: General population and referrals for families with children 6 weeks to 12 years

MCT | GSC

PROGRAM DESCRIPTION: Provides child care information and referrals through phone interviews and community outreach. Translation services available.

DELIVERY MODEL: Information & Referral; Community Outreach

COST: Free

Clackamas County Children, Youth, and Families Division

PROGRAM: Family Education Support Network (FESN)

PHONE: 503-650-5678 or 503-650-5680

LOCATION: 2051 Kaen Rd
Oregon City 97045

COUNTY: C

TYPE OF SERVICE: Information & Referral Service

TYPE OF PARENT: General population; currently serving high percentage of high risk & court mandated parents

GSC

PROGRAM DESCRIPTION: Provides information and referral to parenting classes within geographic area.

DELIVERY MODEL: Information & Referral

COST: Free

Clackamas County Children's Commission

PROGRAM: Healthy Start / Healthy Families of Clackamas County

PHONE: 503-546-6533

LOCATION: 18905 Portland Ave
Gladstone 97027

COUNTY: C

TYPE OF SERVICE: Family Engagement, Medical, & Information Referral Services

TYPE OF PARENT: First-time parents with infants; specialized services

HHE | GSC

PROGRAM DESCRIPTION: Supports positive family relationships and provides child care information through direct services to families such as providing maternal and baby clothes, diapers, and safety supplies; offers referrals to social services. Translation services available.

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DELIVERY MODEL: Home Visitation; Support Groups; Family Fun Activities; Community Outreach
CURRICULA: Parents as Teachers
COST: Free

Clackamas County Community Health: Beavercreek Office

PROGRAM: Oregon Mothers Care
PHONE: 503-742-5300 Main phone
LOCATION: 1425 S Beavercreek Rd
 Oregon City 97045
COUNTY: C +
TYPE OF SERVICE: Prenatal Care; Mothers, Gender Specific
TYPE OF PARENT: Low-income parents
HHE
PROGRAM DESCRIPTION: Provides low-cost services that help women begin the path to prenatal care through pregnancy testing, applying for the Oregon Health Plan, and making their first prenatal care appointment for medical or dental care as well as other services.

Clackamas County Court Services

PHONE: 503-655-8415 Main phone
LOCATION: 2051 Kaen Rd Rm 210
 Oregon City 97045
COUNTY: C
TYPE OF SERVICE: Counseling & Mediation Services
TYPE OF PARENT: Focus on couple and family mediation
AFF | SDP
PROGRAM DESCRIPTION: Services center on family mediation focusing on remarriage and step parenting issues; relationship and marital counseling; and divorce mediation for couples. Parent mandatory education classes on children's adjustment to divorce for divorcing couples.

Clackamas County Health, Housing, and Human Services

PROGRAM: Cocoon Program
PHONE: 503-650-5697 Main phone
LOCATION: 2051 Kaen Rd
 Oregon City 97045
COUNTY: C
TYPE OF SERVICE: Medical, Home Visits & Support Services
TYPE OF PARENT: Parents of children ages 0-3 years with medical issues
CSN | HHE
PROGRAM DESCRIPTION: Home visit-case management program that serves pregnant women and parents of high-risk infants and children (parents have little support; or child has low birth weight, chronic illness, or developmental delays)
DELIVERY MODEL: Intake Interview for Home Visitation or Other Placement

Clackamas County School District - Canby High School

PROGRAM: Parenting Today for Pregnant Teens (enrolled at the school); Canby High Childcare; Community Preschool
PHONE: 503-263-7200 x5612
LOCATION: 721 SW 4th Ave
 Canby 97013
COUNTY: C
TYPE OF SERVICE: Family Engagement & Support Services
TYPE OF PARENT: Teen parents
PVT | HHE
PROGRAM DESCRIPTION: Provides support for teen parents on goal setting, independent living, economic independence, problem solving, child care information, and stress / anger management with a focus on abuse and neglect prevention.

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DELIVERY MODEL: Lending Library; Written Materials, Websites, Newsletters
COST: Charge for childcare services, but program is free to attend

Clackamas County Education Service District

PROGRAM: Early Intervention and Early Childhood Special Education
PHONE: 503-675-4097
LOCATION: 13455 SE 97th ave
 Clackamas 97015

COUNTY: C

TYPE OF SERVICE: Family Engagement
TYPE OF PARENT: Parents of children with developmental delays

CSN | MCT

PROGRAM DESCRIPTION: Program focuses on integrating special needs management into the daily routine, promoting developmental skills, and providing developmental evaluations. Translation services available.
DELIVERY MODEL: Classroom Setting; Workshops; Home Visitation; Support Groups
COST: Free

Clackamas County Education Service District

PROGRAM: Oregon Head Start Pre-Kintergarten Program
PHONE: 503-675-4102
LOCATION: 13455 SE 97th Ave
 Clackamas 97015

COUNTY: C

TYPE OF SERVICE: Family Engagement, Information & Referral Services
TYPE OF PARENT: Parents of children 4-6 years with specialized programming for families involved in a variety of situations

CSN | MCT | GSC

PROGRAM DESCRIPTION: Promotes positive family relationships, communication and conflict resolution, and stress / anger management. Offers child care information and provides referrals to social services for families with children with special needs. Translation services available.
DELIVERY MODEL: Workshops; Home Visitation; Support Groups; Information & Referrals; Written Materials, Websites, Newsletters; Family Fun Activities; Community Outreach
CURRICULA: Healthy Start
COST: Free

Clackamas County Education Service District

PROGRAM: Clackamas Childcare Resource and Referral
PHONE: 503-675-4100
LOCATION: 13455 SE 97th Ave
 Clackamas 97015

COUNTY: C

TYPE OF SERVICE: Family Engagement, Information & Referral Services
TYPE OF PARENT: Parents of children 0-14 with specialized programming for low-income families

CSN | MCT | GSC

PROGRAM DESCRIPTION: Promotes positive family relationships, communication and conflict resolution, and stress / anger management. Offers child care information and provides referrals to social services for families with children with special needs. Translation services available.
DELIVERY MODEL: Information & Referrals
COST: Fee associated with Professional Trainings

Clackamas County Education Service District

PROGRAM: Head Start
PHONE: 503-675-4100 - Child Care Resource and Referral
LOCATION: 13455 SE 97th Ave
 Clackamas 97015

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COUNTY: C

TYPE OF SERVICE: Educational & Support Services

TYPE OF PARENT: General population

ECA

PROGRAM DESCRIPTION: Head Start provides age appropriate activities and child care for children from birth to five years of age. Services are available for a variety of family schedules. Head Start is available in locations throughout Clackamas County.

COST: Prepaid sessions for couples who've completed paperwork and sliding scale for youth and family mediation.

LOCATION: 4011 SE Lake Rd
Milwaukie 97222

COUNTY: M W C

TYPE OF PARENT: ECA | HHE

PROGRAM DESCRIPTION: Preschool program for 3-4 year olds from low-income families. State-funded program pays the monthly tuition for preschool, as well as providing parents with health and social service referrals, developmental screenings, nutrition guidance, parent education, and support through home visits.

DELIVERY MODEL: Children Support Group, Community Outreach, Case Management

Clackamas County Education Service District

PROGRAM: Early Intervention Program- Early Childhood Special Education Program

PHONE: 503-675-4100 - Child Care Resource and Referral

LOCATION: 4011 SE Lake Rd

Milwaukie 97222

COUNTY: C M W

TYPE OF PARENT: ECA | CSN

PROGRAM DESCRIPTION: School district helps determine the services and programs offered to families which may include curriculum, Instruction and Evaluation Services; Special Education Services; Early Childhood Education Services; Parent Education & Services; Service Referrals; Media and Technology Services; Network and Information Services; and Administrative Services.

DELIVERY MODEL: Home Visit, Home or Classroom Setting, and Community Outreach

COST: No cost for services

Clackamas Women's Services

PHONE: 503-722-2366 Main phone

LOCATION: 704 Main St, Suite 200

Oregon City 97045

COUNTY: M

TYPE OF SERVICE: Crisis Line & Referral Service

TYPE OF PARENT: Domestic violence & sexual assault survivors

PVT

PROGRAM DESCRIPTION: Provides a 24-hour telephone crisis line and information and referral for survivors of domestic and sexual violence, and for people who are concerned about them. Emergency shelter for women and child (boys up to 17 years old) survivors of domestic and sexual violence. Support groups for women, children (7-11 years old), and Spanish speakers who have experienced domestic violence and sexual assault meet in various locations throughout Clackamas County. Participants do not have to have been at a shelter. Call for times and locations.

Clackamas County Education Service District

PROGRAM: Oregon Head Start Pre-Kindergarten Program (OHSP)

PHONE: Contact 503-659-1789 x204

Clack-Co Children, Youth, and Families

PROGRAM: Clack-Co Children, Youth, and Families Resource Guide

PHONE: 503-650-5678

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LOCATION: 2051 Kaen Rd, 2nd Floor
Oregon City 97045

COUNTY: C M W

TYPE OF SERVICE: Information Referral Service (Online Directory)

TYPE OF PARENT: General population

ECA | MCT | PVT | GSC

PROGRAM DESCRIPTION: Provides resources and information about diversity, early childhood, family education and support, healthy start, juvenile crime prevention, public safety council, and youth issues. This is an online read-only directory of resources.

CODA, Inc

PROGRAM: CODA: Stepping Stones

PHONE: 503-239-8400 Main phone

LOCATION: 1027 E Burnside St
Portland 97214

COUNTY: M +

TYPE OF SERVICE: Support Services

TYPE OF PARENT: Mothers reunifying with children in foster care

AFF | HHE

PROGRAM DESCRIPTION: Long-term supported housing for women in treatment with CODA who are preparing for reunification with their children in foster care.

Columbia Mothers of Twins Club

PHONE: 360-573-3318

LOCATION: 11005 NE Highway 99
Vancouver, WA 98686

COUNTY: +

TYPE OF SERVICE: Support Group

TYPE OF PARENT: Parents of multiples

GSC

PROGRAM DESCRIPTION: Program promotes positive family relationships and communication and conflict resolution techniques through a support group for parents

of multiples. Discussion topics determined by group and vary in material. Contact for current topic list.

DELIVERY MODEL: Workshops; Support Groups; Written Materials, Websites, Newsletters; Family Fun Activities

COST: Scholarships available for annual membership

Community Action

PROGRAM: Child Care Resource and Referral of Washington County

PHONE: 971-223-6100

LOCATION: 1001 SW Baseline St
Hillsboro 97123

COUNTY: W +

TYPE OF SERVICE: Child Care Services

TYPE OF PARENT: Parents with children 0-12 years

MCT | GSC

PROGRAM DESCRIPTION: Program provides child care information and referrals to social services. Translation services available.

DELIVERY MODEL: Information & Referral; Community Outreach

COST: Free

Community Action

PROGRAM: CCR&R in Washington and Columbia Counties

PHONE: 503-648-6646 Receptionist

LOCATION: 1001 SW Baseline St
Hillsboro 97123

COUNTY: W +

TYPE OF SERVICE: Child Care Services

TYPE OF PARENT: General population

HHE

PROGRAM DESCRIPTION: Child Care Resource & Referral in Washington & Columbia Counties provides support to parents and child care providers in securing quality child care for children. Parent programming includes information on choosing quality care based upon needs of family and children. Child care provider programming

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includes business management, continuing education and training, child subsidy programs, and support groups and community events.

DELIVERY MODEL: Classroom Setting, Support Groups, and Professional Training

Conexiones

PHONE: 503-235-8057 Main phone

LOCATION: 2325 E Burnside St, Suite 200
Portland 97214

COUNTY: M

TYPE OF SERVICE: Counseling

TYPE OF PARENT: Families experiencing trauma

MCT | PVT

PROGRAM DESCRIPTION: Provides therapy and evaluations to families and couples through play and Spanish-English treatment.

Continuum Learning Community

PROGRAM: Intro to Connected Parenting Class / UP
Yahoo Online Parenting Support Group

PHONE: 503-753-9091

LOCATION: Classes at Various Locations

COUNTY: M

TYPE OF SERVICE: Parent Education & Community Outreach

TYPE OF PARENT: General population

GSC | ECA

PROGRAM DESCRIPTION: Provides positive parenting skill development, problem solving, and identifying individual parenting principles and goals.

DELIVERY MODEL: Workshops; Warm Lines; Written Materials, Websites, Newsletters; Family Fun Activities; Community Outreach

CURRICULA: Intro to Connected Parenting

COST: Scholarships available for programs

Crossen Psychological Services

PHONE: 503-481-3414

LOCATION: 1130 SW Morrison St
Portland 97205

COUNTY: M W

TYPE OF SERVICE: Family Engagement & Support Services

TYPE OF PARENT: Parents of children 4-18 years with specialized programming for families involved in a variety of situations

CSN | GSC

PROGRAM DESCRIPTION: Promotes positive family relationships, communication and conflict resolution techniques, stress / anger management, information to families with children with special needs, and information and referrals to social services.

DELIVERY MODEL: Home Visitation; Support Groups; Counseling; Information & Referrals; Lending Library; Written Materials, Websites, Newsletters; Community Outreach

CURRICULA: Parenting Your Porcupine

COST: Contact for current program rates

Dads Against Discrimination

PHONE: 503-222-111 or 503-867-6116

LOCATION: Various Locations
Portland

COUNTY: M

TYPE OF SERVICE: Fathers, Gender Specific (Cable Program)

TYPE OF PARENT: Fathers and those interested in working with fathers

PVT | SDP

PROGRAM DESCRIPTION: A cable information program focusing on the legal process of custody disputes for kids and challenges fathers face gaining custody as well as domestic violence charges management.

DELIVERY MODEL: Warm Lines

COST: Free

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Damascus Middle School

PROGRAM: Parent Resource Room

PHONE: 503-658-3171

LOCATION: 14151 SE 242nd Ave
Damascus 97089

COUNTY: C

TYPE OF SERVICE: Education Involvement & Support Services

TYPE OF PARENT: Parents with children 10-14 years

GSC

PROGRAM DESCRIPTION: Program supports positive family relationships, communication and conflict resolution techniques, and information and referrals to social services.

DELIVERY MODEL: Lending Library; Written Materials, Websites, Newsletters; Family Fun Activities

COST: Free

David Douglas High School: Teen Parents Program

PROGRAM: Teen Parents Program

PHONE: 503-261-8470

LOCATION: 1400 SE 135th Ave
Portland 97233

COUNTY: M

TYPE OF SERVICE: Parent Education & Support Services

TYPE OF PARENT: Teen parents

CSN | GSC

PROGRAM DESCRIPTION: Promotes positive family relationships, communication and conflict resolution techniques, and stress / anger management; provides child care information to families with children with special needs and referrals to social services.

DELIVERY MODEL: Support Groups; Information & Referral; Written Materials, Websites, Newsletters

CURRICULA: Parenting Program through State of Oregon

COST: Free

Domestic Violence Resource Center, Inc

PROGRAM: Parents Group and Family Counseling Services

PHONE: Crisis line 503-469-8620; Main phone 503-640-5352

LOCATION: PO Box 494
Hillsboro 97123

COUNTY: W M C +

TYPE OF SERVICE: Educational & Support Services

TYPE OF PARENT: Domestic violence survivors

PVT

PROGRAM DESCRIPTION: Weekly group for parents of survivors of domestic violence or parents who are survivors themselves. Curriculum focuses on educational resources for parents, including how to overcome domestic violence issues in parenting. Also offers counseling for parents and children involved in domestic violence situations.

DELIVERY MODEL: Support Group, Counseling & Education Classes

Dove Adoptions International, Inc

PROGRAM: International Adoptions Processing; Home-Studies Post-Adoption Services

PHONE: 503-324-9010

LOCATION: 180 N Main St Suite A
Banks 97106

COUNTY: W

TYPE OF SERVICE: Parent Education & Support Services

TYPE OF PARENT: Foster and adoptive parents

MCT | AFF

PROGRAM DESCRIPTION: Services support positive family relationships through a focus on adoption process preparation, information on how to be a multi-cultural family, and building a support network. Translation services available.

DELIVERY MODEL: Workshops; Home Visitation; Written Materials, Websites, Newsletters; Family Fun Activities

COST: Contact for current service rates

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GSC = General Parenting Support / Counseling
HHE = Health / Housing / Employment
MCT = Multicultural / Translation / ESL
PVT = Prevention / Violence / Trauma
SDP = Single / Divorced Parent

Dove Adoptions International, Inc

PHONE: 503-324-9010 Main phone

COUNTY: W

TYPE OF SERVICE: Support Services

TYPE OF PARENT: Parents & families interested in adoptive issues

AFF

PROGRAM DESCRIPTION: Offers preparation for the adoption process including information on how to be a multi-cultural family. Supports network building and fosters child development and family relationships.

East County Health Center Nurse / Family Partnership

PROGRAM: Nurse-Family Partnership

PHONE: 503-988-3674 Main phone

LOCATION: 600 NE 8th St
Gresham 97030

COUNTY: M

TYPE OF SERVICE: Home Visits, Parent Education & Support Services

TYPE OF PARENT: First-time parents

GSC

PROGRAM DESCRIPTION: Provides an intensive two-year parenting program to first-time parents which includes frequent home visits until child is 2 years old.

DELIVERY MODEL: Workshops; Home Visitation; Family Fun Activities; Written Materials, Websites, Newsletters; Lending Library

Ecumenical Ministries of Oregon

PROGRAM: Russian Social Services

PHONE: 503-221-1054 Main phone

LOCATION: 4033 SE Woodstock Blvd
Portland 97202

COUNTY: M +

TYPE OF SERVICE: Culturally Specific Services

TYPE OF PARENT: Domestic violence & sexual assault survivors

MCT | PVT | HHE

PROGRAM DESCRIPTION: This program provides culturally-specific domestic violence and sexual assault services and mental health services to Russian-speaking victims. Services include crisis counseling, information and referral, one-on-one advocacy, assistance with obtaining a restraining order, accompaniment to hospitals for medical exams, assistance with accessing immigration legal services, free mental health counseling, support groups, assistance with applying for Crime Victims Compensation, and other services as needed. It also offers a breast health education program including a free mammogram, youth services (including a mentoring program), notary services, translation and interpretation services, dental services (will make appointment for dental van at All Saints Episcopal Church), and information on emergency preparedness.

Emanuel Hospital

PROGRAM: Child Safety and Injury Prevention Programs; Safety Store

PHONE: Shaken Baby Syndrome Prevention Project 503-413-4443; Safety Store 503-413-4600

LOCATION: 2801 N Gantenbein
Portland 97227

COUNTY: M W

TYPE OF SERVICE: Injury Prevention

TYPE OF PARENT: General population

GSC

PROGRAM DESCRIPTION: Provides education for birthing parents on the top injury risks: safe sleep, car seat safety, burn prevention, suffocation prevention, fall prevention.

DELIVERY MODEL: Workshops

CURRICULA: Period of Purple Cry

COST: Free

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DAA = Drug and Alcohol Affected

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MCT = Multicultural / Translation / ESL

PVT = Prevention / Violence / Trauma

SDP = Single / Divorced Parent

Enfoque de la Familia

PROGRAM: Anger Manager; Parenting Classes; Domestic Violence Classes; Alcohol and Drug Treatment Programs

PHONE: 503-681-4870

LOCATION: 205 SE 3rd St Suite 200
Hillsboro 97123

COUNTY: W

TYPE OF SERVICE: Culturally Specific Services

TYPE OF PARENT: Parents court & child welfare involved

ECA | MCT

PROGRAM DESCRIPTION: Promotes positive family relationships through communication and conflict resolution techniques, stress / anger management, child care information, and referrals to social services.

DELIVERY MODEL: Counseling; Written Materials, Websites, Newsletters; Family Fun Activities

CURRICULA: Systematic Training for Effective Parenting, modified to be culturally appropriate

COST: Scholarships Available

Enfoque de la Familia

PHONE: 503-681-4870 Main phone

LOCATION: 205 SE 3rd St
Hillsboro 97123

COUNTY: W

TYPE OF SERVICE: Education & Support Services

TYPE OF PARENT: High-risk families

DAA | ECA | MCT | PVT | GSC

PROGRAM DESCRIPTION: A Program that addresses culture, discipline, alcohol / drugs, gang related activities, and violence in the home. The program is designed to help strengthen family relationships by providing support and education on a variety of topics. Services are provided through group classes, family or parent-child counseling, one on one problem solving, and through family activities.

DELIVERY MODEL: Spanish Language Setting; Counseling; Family Activities; One-on-One Support

Essential Insights

PROGRAM: Active Parenting / uses own curriculum when assessment has been made

PHONE: 503-722-7733

LOCATION: 7421 SE Eldorado St
Milwaukie 97267

COUNTY: C W

TYPE OF SERVICE: Family Engagement, Support Services, & Information Referral Services

TYPE OF PARENT: Parents of children 4-18 years with specialized programming for families involved in variety of situations

CSN | GSC

PROGRAM DESCRIPTION: Promotes positive family relationships through communication and conflict resolution techniques; information for families with children with special needs; and child care information through life coaching lens. Information and referrals to social services available as well.

DELIVERY MODEL: Workshops; Home Visitation; Support Groups; Information & Referrals; Written Materials, Websites, Newsletters; Community Outreach

CURRICULA: Active Parenting

COST: Sliding scale

Ethos Music Center

PROGRAM: music lessons (on site), Musicore (schools), Music Across Oregon (rural)

PHONE: 503-283-8467

LOCATION: Various Locations

COUNTY: M +

TYPE OF SERVICE: Music Education and Family Involvement

TYPE OF PARENT: General population specializing in low-income families

ECA

PROGRAM DESCRIPTION: Provides children with exposure to music and music instruction. Adult family members are encouraged to be involved in their child's experience through class attendance, special events, and practicing at home.

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CSN = Children with Special Needs

DAA = Drug and Alcohol Affected

ECA = Education / Community Activities

GSC = General Parenting Support / Counseling

HHE = Health / Housing / Employment

MCT = Multicultural / Translation / ESL

PVT = Prevention / Violence / Trauma

SDP = Single / Divorced Parent

DELIVERY MODEL: Support Groups; Written Materials, Websites, Newsletters; Family Fun Activities; Community Outreach

CURRICULA: Suzuki Method of instrument teaching (parents are required to attend classes and participate), Alfred's music method

COST: Sliding scale and scholarships available

Everything Baby, LLC

PROGRAM: Parent Coaching Services and Parent Support Services

PHONE: 503-617-4685

LOCATION: Various Locations

COUNTY: C M W

TYPE OF SERVICE: Parent Support Services

TYPE OF PARENT: Parents with Children diagnosed with ADD or ADHD

CSN | GSC

PROGRAM DESCRIPTION: Program promotes positive family relationships through communication and conflict resolution techniques, child care information, and support for families with children with special needs in addition to information and support on basic stress and anger management. Home Visitation on a case-by-case basis.

DELIVERY MODEL: Workshops; Home Visitation; Information & Referral; Warm Lines, Written Materials, Websites, Newsletters

CURRICULA: Beyond Stranger Danger; Behavior Modification Without Punishment

COST: Contact for current program rates

Family and Community Together

PHONE: 888-988-FACT

COUNTY: C M W

TYPE OF SERVICE: Parent Education & Support Services

TYPE OF PARENT: Parents of children with special needs

CSN

PROGRAM DESCRIPTION: Provides workshops and support groups for families with children with special needs. Online adult learning models available soon.

DELIVERY MODEL: Workshops; Support Groups; Information & Referral

COST: Scholarships available for programs

Family Bridge

PHONE: 503-844-2977 Main phone

LOCATION: 183 SE Sixth Ave
Hillsboro 97123

COUNTY: W

TYPE OF SERVICE: Housing and Support Services

TYPE OF PARENT: Homeless families

HHE

PROGRAM DESCRIPTION: Family Bridge is a small shelter program for homeless families at participating churches on a rotating weekly schedule. Close Case Management support because program currently only has capacity to work with three families at a time with a goal to find permanent housing.

DELIVERY MODEL: Case Management

Family Preservation Project (former name: Coffee Creek Even Start Program)

PHONE: 503-570-6598

LOCATION: 24499 SW Grahms Ferry Rd
Wilsonville 97070

COUNTY: C

TYPE OF SERVICE: Support Services

TYPE OF PARENT: Court involved families-parents, grandparents, and caregivers

GSC

PROGRAM DESCRIPTION: A program focused on providing parenting support to parents coming out of incarceration and caregivers of children whose parents are incarcerated. Assists with information about child development; child care; strengthening family

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relationships; increasing communication skills; teaching children basic life skills; child guidance and behavior management; and stress and anger management. Program can also provide assistance navigating the social services system.

Family Preservation Project (former name: Coffee Creek Even Start Program)

PROGRAM: Coffee Creek Family Preservation Project

PHONE: 503-570-6598

LOCATION: 24499 SW Grahams Ferry rd
Wilsonville 97070

COUNTY: C M W +

TYPE OF SERVICE: Support Services

TYPE OF PARENT: Parents with a Variety of Situations

CSN | GSC

PROGRAM DESCRIPTION: Promotes positive family relationships through communication and conflict resolution and stress / anger management. Provides information to families with children with special needs, as well as child care information and referrals to social services.

DELIVERY MODEL: Workshops; Home Visitation; Support Groups; Information & Referral; Lending Library; Warm Lines; Written Materials, Websites, Newsletters; Family Fun Activities

CURRICULA: Parenting Inside-Out (with Pathfinders); Families for Unification

COST: Free

Family Resource Center

PROGRAM: Family Resource Center

PHONE: 503-324-5686

LOCATION: 42350 NW Trellis Way
Banks 97106

COUNTY: W

TYPE OF SERVICE: Information & Referral Service

TYPE OF PARENT: General population, specializing in low-income families

HHE | GSC

PROGRAM DESCRIPTION: Program provides parents with information on developing child responsibility and registering families for OHP. Contact organization about access for food boxes.

DELIVERY MODEL: Information & Referrals; Written Materials, Websites, Newsletters

CURRICULA: Love and Logic

COST: Free

Family SkillBuilders

PROGRAM: In-Home Safety and Reunification Services; System of Care Parent Training

PHONE: 503-442-2296

LOCATION: Private Address
Portland 97219

COUNTY: C M W

TYPE OF SERVICE: Safety & Transition Services

TYPE OF PARENT: Parents involved with child welfare

MCT | AFF

PROGRAM DESCRIPTION: Program focuses on transitioning children between foster care and home by promoting in-home safety, positive family relationships, communication techniques, stress / anger management, and providing information and referrals to social services. Translation services available.

DELIVERY MODEL: Home Visitation

CURRICULA: Effective Black Parenting; Positive Indian Parenting; Nurturing Parenting

COST: Free

Family Stepping Stones

PROGRAM: Incredible Infants, Wobblers and Toddlers, Growing Up, Teen Parent Night

PHONE: 503-320-8745

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GSC = General Parenting Support / Counseling
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PVT = Prevention / Violence / Trauma
SDP = Single / Divorced Parent

LOCATION: 18905 Portland Ave
Gladstone 97027

COUNTY: C

TYPE OF SERVICE: Parent Education & Support Services

TYPE OF PARENT: Families with multiple stressors and Teen parents

GSC

PROGRAM DESCRIPTION: Provides parental support on positive discipline, stress management, and parental self-care.

DELIVERY MODEL: Support Groups; Written Materials, Websites, Newsletters; Community Outreach

CURRICULA: Make Parenting a Pleasure; Parenting Now!; Parenting: The First Three Years

COST: Scholarships available for programs

Family Support Center: North

PROGRAM: Southside Family Support Center: Portland Public Schools

PHONE: 503-916-3304 Public Information

LOCATION: 7650 N Commercial Ave

Portland 97217

COUNTY: M

TYPE OF SERVICE: Educational Involvement

TYPE OF PARENT: Spanish speaking families

ECA | MCT

PROGRAM DESCRIPTION: Family Support Centers work to connect ESL students and families with cultural / language-specific services, ESL assessment, and enrollment in Portland Public Schools.

Family Support Center: South

PROGRAM: Southside Family Support Center: Portland Public Schools

PHONE: 503-916-3304 Public Information

LOCATION: 9015 SE Rural St

Portland 97266

COUNTY: M

TYPE OF SERVICE: Educational Involvement

TYPE OF PARENT: Spanish speaking families

ECA | MCT

PROGRAM DESCRIPTION: Family Support Centers work to connect ESL students and families with cultural / language-specific services, ESL assessment, and enrollment in Portland Public Schools.

Fascets, Inc

PROGRAM: Fascets, Inc

PHONE: 503-621-1271 Main phone

LOCATION: 15500-L NW Ferry Rd

Portland 97231

COUNTY: M

TYPE OF SERVICE: Medical, Educational & Support Services

TYPE OF PARENT: Parents with children diagnosed with fetal alcohol syndrome

CSN

PROGRAM DESCRIPTION: FASCETS, Inc. (Fetal Alcohol Syndrome Consultation, Education and Training Services) provides information, training, consultation, technical assistance and program development for individuals, families, and community partners. The goal is to increase understanding of FASD (Fetal Alcohol Spectrum Disorders) as a brain-based disorder with behavioral symptoms and to increase parental effectiveness and professional support.

Fire Department

PROGRAM: Youth Firesetter Intervention Program

PHONE: 503-823-3806

LOCATION: 55 SW Ash

Portland 97204

COUNTY: M

TYPE OF SERVICE: Safety & Education

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TYPE OF PARENT: General population specializing in children who misuse fire
CSN | MCT
PROGRAM DESCRIPTION: Program focuses on fire safety, parenting support for fire starters, and referrals to mental health providers who work with youth with fire issues. Translation services available.
DELIVERY MODEL: Written Materials, Websites, Newsletters
CURRICULA: Youth Fire Safety Curriculum
COST: Free

Forest Grove High School

PROGRAM: Lil' Viks Preschool and Teen Parent Nursery
PHONE: 503-359-8137 x3521 or 503-359-8137 x3677
LOCATION: 1401 Nichols Lane
 Forest Grove 97116

COUNTY: W
TYPE OF SERVICE: Childcare Services
TYPE OF PARENT: Teen parents
ECA

PROGRAM DESCRIPTION: Program facilitates school readiness and child care information through its teen parent nursery and referrals to social services.
DELIVERY MODEL: Support Groups; Information & Referral; Written Materials, Websites, Newsletters
CURRICULA: Healthy Start; Healthy Start Grow Smart; Creative Curriculum for Infants and Preschoolers
COST: Contact for current program rates

Forest Grove School District #15

PROGRAM: Adult Basic Education - Parenting Programs
PHONE: 503-357-6171 - School District Office Information
LOCATION: 2701 Taylor Way
 Forest Grove 97116

COUNTY: W +
TYPE OF SERVICE: Educational Involvement

TYPE OF PARENT: General population
GSC
PROGRAM DESCRIPTION: Forest Grove School District and Banks School District provide various programs related to parenting.
CURRICULA: Strengthening Families; Love and Logic; Incredible Years; Active Parenting

Friendly House, Inc

PROGRAM: Friendly House Preschool
PHONE: 503-228-4391 Main phone
LOCATION: 1715 NW 26th Ave
 Portland 97210

COUNTY: M +
TYPE OF SERVICE: Educational Involvement
TYPE OF PARENT: Parents of children ages 3-5 years
ECA
PROGRAM DESCRIPTION: Offers half-day or full-day educational program to children ages 3-5, with developmental screenings, assessments, and parenting support options.

Friends of the Children

PHONE: 503-281-6633
LOCATION: Various Locations
COUNTY: C M W

TYPE OF SERVICE: Mentoring
TYPE OF PARENT: Focus on youth in grades K-12
GSC

PROGRAM DESCRIPTION: Provides mentoring and case management for children. Adult family members receive information and referrals through contact with children.
DELIVERY MODEL: Information & Referral
COST: Free

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Full House MOMS (Mothers of Multiples)

PROGRAM: Full House MOMS (Mothers of Multiples)

PHONE: 503-972-1346

LOCATION: 9205 SW Barnes Rd St. Vincent's Hospital
Portland 97225

COUNTY: M

TYPE OF SERVICE: Support Group

TYPE OF PARENT: Parents of multiples

ECA | GSC

PROGRAM DESCRIPTION: Monthly support group for expectant mothers of multiples about a variety of topics. Contact organization for current topic list.

DELIVERY MODEL: Workshops; Support Groups; Warm Lines; Written Materials, Websites, Newsletters; Family Fun Activities

COST: Scholarships available

Gilbert Heights Elementary

PROGRAM: Adult Programming

PHONE: 503-224-7800 Main phone

LOCATION: 12839 SE Holgate
Portland 97236

COUNTY: M

TYPE OF SERVICE: Parent Education

TYPE OF PARENT: Parents of elementary school age children

ECA | MCT | GSC

PROGRAM DESCRIPTION: Campfire hosts parenting workshops at their elementary school locations, which focus on parent skill-building, how to talk to your kids about drugs, alcohol, and sex, and how to work with your child's school. Plus, an ELL class and a Nutrition and Cooking class for parents.

DELIVERY MODEL: Family Engagement, Parent Education, and Classroom Setting

CURRICULA: Guiding Good Decisions; Families and Schools Together

Gladstone Center for Children and Families

PHONE: 503-496-3939 Main phone

LOCATION: 18905 Portland Ave
Gladstone 97027

COUNTY: C

TYPE OF SERVICE: Educational Involvement

TYPE OF PARENT: Low-income and children with special needs

ECA | CSN

PROGRAM DESCRIPTION: Educational services, including special education, Head Start Services, Healthy Start, Kindergarten, DHS, and Clackamas County Mental Health.

Gladstone WIC Office

PHONE: 503-742-5300 Main phone

LOCATION: 18905 Portland Ave
Gladstone 97027

COUNTY: C

TYPE OF SERVICE: Health & Nutrition

TYPE OF PARENT: Low-income parents

HHE

PROGRAM DESCRIPTION: WIC is a public health nutrition program designed to improve health outcomes and influence lifetime nutrition and health behaviors in a targeted, at-risk population. Nutrition education is the cornerstone of the WIC Program. Information and referral to other health programs like immunization and social service programs.

DELIVERY MODEL: Individual Counseling & Classroom Setting

Gresham High School

PROGRAM: Gresham High Child Development Center

PHONE: 503-674-5537

LOCATION: 1200 N Main St
Gresham 97030

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COUNTY: M

TYPE OF SERVICE: Family Engagement, Information & Referral Services

TYPE OF PARENT: Teen parents

GSC

PROGRAM DESCRIPTION: Promotes positive family relationships through communication and conflict resolution techniques, stress / anger management, child care information, and referrals to social services. Translation services available.

DELIVERY MODEL: Support Groups; Written Materials, Websites, Newsletters

CURRICULA: Oregon Parenthood Education Curriculum; Parenting Through Play

COST: Free

Growing Gardens

PHONE: 503-284-8420 Main phone

COUNTY: M +

TYPE OF SERVICE: Health & Nutrition

TYPE OF PARENT: General population

ECA | HHE

PROGRAM DESCRIPTION: Promotes food gardening for improved nutrition, health, and self-reliance while enhancing the quality of life of individuals and communities. Programs tailored to youth and families working together through the support of volunteers.

Hacienda Community Development Corporation

PROGRAM: Portland Niños

PHONE: 503-961-6405

LOCATION: 5136 NE 42nd Ave
Portland 97218

COUNTY: M

TYPE OF SERVICE: Parent Education

TYPE OF PARENT: Parents of children 0-5 years

ECA | MCT

PROGRAM DESCRIPTION: Program provides early childhood education to parents and developmental activities for children from birth to age five. Monitors children's progress and promotes kindergarten readiness. Parents participate in weekly parenting support groups, educational workshops and monthly home visits, and monitor their child's health and development. Children and infants engage in age-appropriate activities geared toward cognitive health and kindergarten preparation.

CURRICULA: Teachers Born to Lean

Head Start Clackamas County Children's Commission

PHONE: 503-675-4565

LOCATION: 17600 Pacific Hwy Rm 230
Marylhurst 97036

COUNTY: C

TYPE OF SERVICE: Educational Involvement

TYPE OF PARENT: Low-income parents of children with special needs ages 3-4 years

ECA | CSN

PROGRAM DESCRIPTION: Provides comprehensive child development services, including preschool health and dental screenings; breakfast and lunch; and nutrition education to prepare low-income and special needs children, ages 3 and 4, for success in school. Transportation provided in some areas and afternoon preschool programs available at some sites.

Head Start Clackamas County Children's Commission

PROGRAM: Head Start: Barlow

PHONE: 503-675-4565

LOCATION: 109 Second St
Barlow 97013

COUNTY: M C

TYPE OF PARENT: **ECA | CSN**

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PROGRAM DESCRIPTION: Provides comprehensive child development services, including preschool health and dental screenings; breakfast and lunch; and nutrition education to prepare low-income and special needs children, ages 3 and 4, for success in school. Transportation provided in some areas and afternoon preschool programs available at some sites.

Head Start Clackamas County Children's Commission

PROGRAM: Headstart-River Rd

PHONE: 503-675-4565

LOCATION: 16518 River Rd
Milwaukie 97267

COUNTY: M C

TYPE OF PARENT: ECA | CSN

PROGRAM DESCRIPTION: Provides comprehensive child development services, including preschool health and dental screenings; breakfast and lunch; and nutrition education to prepare low-income and special needs children, ages 3 and 4, for success in school. Transportation provided in some areas and afternoon preschool programs available at some sites.

Head Start Clackamas County Children's Commission

PROGRAM: Headstart-Oregon City View Manor

PHONE: 503-675-4565

LOCATION: 260 S Longview
Oregon City 97045

COUNTY: M

TYPE OF PARENT: ECA | CSN

PROGRAM DESCRIPTION: Provides comprehensive child development services, including preschool health and dental screenings; breakfast and lunch; and nutrition education to prepare low-income and special needs children, ages 3 and 4, for success in school.

Transportation provided in some areas and afternoon preschool programs available at some sites.

Head Start Clackamas County Children's Commission

PROGRAM: Headstart-Sandy Ridge

PHONE: Not Available

LOCATION: 36001 SE Highway 211
Boring 97009

COUNTY: W

TYPE OF PARENT: ECA | CSN

PROGRAM DESCRIPTION: Provides comprehensive child development services, including preschool health and dental screenings; breakfast and lunch; and nutrition education to prepare low-income and special needs children, ages 3 and 4, for success in school. Transportation provided in some areas and afternoon preschool programs available at some sites.

Healthy Start, Healthy Communities

PHONE: Referral Line 503-546-6533; Administration 503-650-5678

LOCATION: 2051 Kaen Rd
Oregon City 97045

COUNTY: M

TYPE OF SERVICE: Health & Education

TYPE OF PARENT: Focus on infant

GSC

PROGRAM DESCRIPTION: A collaborative group of social services agencies, early childhood educators, family support workers and volunteers who offer parenting support and resources. Offers a variety of services that give information about parenting, parent-baby bonding, and healthy infant growth and development, as well as community resources. Parents who are expecting or whose first child is less than 90 days old may be eligible to receive home visits and one-on-one parenting support and education from Healthy Start.

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HEY!

PROGRAM: Parent University
PHONE: 503-319-0801
LOCATION: 2000 SE Century Blvd
 Hillsboro 97213

COUNTY: W

TYPE OF SERVICE: Parent Education & Prevention Services
TYPE OF PARENT: Parents with children ages 10-18 years

DAA

PROGRAM DESCRIPTION: Program supports parents talking to children about alcohol and drugs.

DELIVERY MODEL: Written Materials, Websites, Newsletters; Community Outreach

COST: Free

HEY!

PROGRAM: Parent University
PHONE: 503-319-0801
LOCATION: 2700 NW Glencoe Rd
 Hillsboro 97124

COUNTY: W

TYPE OF SERVICE: Parent Education & Prevention Services
TYPE OF PARENT: Parents with children ages 10-18 years

DAA

PROGRAM DESCRIPTION: Program supports parents talking to children about alcohol and drugs.

DELIVERY MODEL: Written Materials, Websites, Newsletters; Community Outreach

COST: Free

HEY!

PROGRAM: Parent University
PHONE: 503-319-0801
LOCATION: 3285 SE Rood Bridge Rd
 Hillsboro 97213

COUNTY: W

TYPE OF SERVICE: Parent Education & Prevention Services

TYPE OF PARENT: Parents with children ages 10-18 years

DAA

PROGRAM DESCRIPTION: Program supports parents talking to children about alcohol and drugs.

DELIVERY MODEL: Written Materials, Websites, Newsletters; Community Outreach

COST: Free

HEY!

PROGRAM: Parent University
PHONE: 503-319-0801
LOCATION: 21945 NW Wagon Way
 Hillsboro 97124

COUNTY: W

TYPE OF SERVICE: Parent Education & Prevention Services
TYPE OF PARENT: Parents with children ages 10-18 years

DAA

PROGRAM DESCRIPTION: Program supports parents talking to children about alcohol and drugs.

DELIVERY MODEL: Written Materials, Websites, Newsletters; Community Outreach

COST: Free

Hillsboro Public Library

PHONE: 503-846-3222
LOCATION: 2850 NE Brookwood Parkway
 Hillsboro 97124

COUNTY: W

TYPE OF SERVICE: Literacy
TYPE OF PARENT: General population

ECA | MCT

PROGRAM DESCRIPTION: The library offers traditional printed materials including best sellers, books on tape and CD, music CD's, video and DVD collections, and foreign language materials. The library provides community access to the Internet, as well as varied educational programs that are appropriate for all ages. Offers parenting workshops and children's storytime.

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Hillsboro Public Library

PROGRAM: Early Literacy Story Time; Early Childhood

PHONE: 503-615-6500

LOCATION: 2850 NE Brookwood Pkwy
Hillsboro 97124

COUNTY: W

TYPE OF SERVICE: Literacy

TYPE OF PARENT: Parents with children 0-6 years

ECA | MCT

PROGRAM DESCRIPTION: Promotes positive family relationships through literacy development skills.

Translation services available.

DELIVERY MODEL: Support Groups; Information & Referral; Lending Library; Written Materials, Websites, Newsletters; Family Fun Activities; Community Outreach

CURRICULA: Reading for Healthy Families

COST: Free

Hillsboro Public Library

PHONE: 503-615-6500

LOCATION: 777 SE 10th Ave Shute Park branch
Hillsboro 97213

COUNTY: W

TYPE OF SERVICE: Literacy

TYPE OF PARENT: Parents with Children 0-6 years

ECA | MCT

PROGRAM DESCRIPTION: Promotes positive family relationships through literacy development skills.

Translation services available.

DELIVERY MODEL: Support Groups; Information & Referral; Lending Library; Written Materials, Websites, Newsletters; Family Fun Activities; Community Outreach

CURRICULA: Reading for Healthy Families

COST: Free

Hillsboro School District - Century High School

PROGRAM: Teen Parenting Class and Nursery / Little Jags Community Preschool

PHONE: 503-848-6500

LOCATION: 2000 SE Century Blvd
Hillsboro 97123

COUNTY: W

TYPE OF SERVICE: Parent Education & Support Services

TYPE OF PARENT: Teen parents and general population with children 0-3 years

MCT | GSC

PROGRAM DESCRIPTION: Provides information about responsibility and role of parents; personal history and cultural influence on parenting; how actions as parents influence child development; personal plans, desires, and goals of the teen parents themselves; sexuality education; and how to play with the child at different ages.

DELIVERY MODEL: Written Materials, Websites, Newsletters

CURRICULA: Parenthood Education Curriculum from the Oregon Department of Education

COST: Scholarships available for teen parents; community members contact for current rate

Housing Authority of Portland

PROGRAM: Goals Program and Opportunity Housing Initiative (OHI-site-based at managed housing)

PHONE: 503-802-8300

LOCATION: Various Locations

COUNTY: M

TYPE OF SERVICE: Parent Education & Support Services

TYPE OF PARENT: Low-income parents

MCT | GSC

PROGRAM DESCRIPTION: Organizes support groups and provides information on a variety of family topics; contact for current topic list. Translation services available.

DELIVERY MODEL: Support Groups; Information & Referral; Written Materials, Websites, Newsletters

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SDP = Single / Divorced Parent

Human Solutions, Inc

PROGRAM: Creating Realistic Actions for Transition Craft

PHONE: 503-548-0200

LOCATION: 12350 SE Powell Blvd
Portland 97236

COUNTY: M

TYPE OF SERVICE: Housing and Support Services

TYPE OF PARENT: Domestic violence & sexual assault survivors

PVT

PROGRAM DESCRIPTION: Support Group for women who have lived through domestic violence to stay safe and improve their situations. This group is open to both people who are receiving other services from Human Solutions and to members of the general public who have survived domestic violence. Free on-site child care is offered during the groups.

Immigrant and Refugee Community Organization (IRCO)

PROGRAM: IRCO-Refugee Family Strengthening PROGRAM

PHONE: 503-234-1541 Main phone

LOCATION: 10301 NE Glisan St
Portland 97220

COUNTY: M

TYPE OF SERVICE: Legal Advocacy, Specializing in Immigrant & Refugees

TYPE OF PARENT: Domestic violence & sexual assault survivors

MCT | PVT

PROGRAM DESCRIPTION: Legal advocacy and case management for refugee and immigrant survivors of domestic violence and sexual assault. Provides community outreach and education, police training, service provider training and technical assistance.

Immigrant and Refugee Community Organization (IRCO)

PROGRAM: Healthy Start

PHONE: 503-334-1541

LOCATION: 10301 NE Glisan St
Portland 97220

COUNTY: M

TYPE OF SERVICE: Culturally Specific Services

TYPE OF PARENT: Parents with children 0-3 years

CSN | MCT

PROGRAM DESCRIPTION: Promotes positive family relationships and provides information to families with children with special needs, and referrals to social services. Translation services available.

DELIVERY MODEL: Workshops; Home Visitation; Support Groups; Information & Referral; Written Materials, Websites, Newsletter;

CURRICULA: Healthy Start; Parents as Teachers

COST: Free

Impact Northwest

PROGRAM: Parent Child Developmental Services, Healthy Start, SUN

PHONE: 503-988-5946

LOCATION: 7211 SE 62nd
Portland 97206

COUNTY: M W

TYPE OF SERVICE: Family Engagement

TYPE OF PARENT: Parents with children ages 0-14 years, with specialized programming for families in a variety of situations

CSN | GSC

PROGRAM DESCRIPTION: Program promotes positive family relationships through communication and conflict resolution techniques, child care information and supports for families with children with special needs, and referrals to social services.

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PVT = Prevention / Violence / Trauma

SDP = Single / Divorced Parent

DELIVERY MODEL: Classroom Setting; Workshops; Home Visitation; Support Groups; Information & Referrals
CURRICULA: Make Parenting a Pleasure; Parents as Teachers; The Incredible Years
COST: Free

Impact Northwest

PROGRAM: Parent-Child Development Services
PHONE: Dancing Tree Family Center 503-988-6000; Energy Assistance 503-988-6020; Kids on the Block Awareness Program 503-988-5961; Main phone (Urban Opportunities) 503-988-6000; Senior Guardianship Assistance Program (Senior GAP) 503-357-7520
LOCATION: 7211 SE 62nd Ave
 Portland 97206
COUNTY: M
TYPE OF SERVICE: Parent Education & Support Services
TYPE OF PARENT: Parents of children ages 0-5 years
GSC
PROGRAM DESCRIPTION: Prevention and growth promotion for families with children, prenatal-5 years. Utilizes a strengths-based approach with clients to identify and use their skills and strengths to solve problems and overcome obstacles.

Insights Teen Parent Program, Inc

PROGRAM: Insights Teen Parent Program
PHONE: 503-239-6996 Main phone
LOCATION: 711 SE Ankeny, Suite B
 Portland 97214
COUNTY: M
TYPE OF SERVICE: Educational & Support Services
TYPE OF PARENT: Teen parents
MCT | GSC
PROGRAM DESCRIPTION: Provides information and referral; parenting classes; and in school support services to teen parents. Also provides outreach to client's homes

with follow-up and referral to community resources and support groups. Support groups are provided in English and Spanish for teen moms and their partners.

International Center for Traditional Childbearing

PROGRAM: International Center for Traditional Childbearing
PHONE: 503-460-9324 Main phone
LOCATION: 2823 North Rosa Parks Way
 Portland 97217
COUNTY: M
TYPE OF SERVICE: Medical & Support Services
TYPE OF PARENT: African American women & families
MCT | HHE
PROGRAM DESCRIPTION: ICTC's primary goal is to prevent infant mortality and provide pregnancy support in the African American community. It offers free pregnancy testing, prenatal care, childbirth classes, and doula services. Provides a speaker series for professionals (and high school students interested in health care fields) and families on pregnancy, birth, and parenting. Also trains midwives.

International Cesarean Awareness Network (ICAN): Portland

PROGRAM: Cesarean Recovery and Vbac (vaginal birth after cesarean) Support
PHONE: 503-245 1678 or 503-539-9158
LOCATION: Various Locations
COUNTY: M W
TYPE OF SERVICE: Birthing Support Services
TYPE OF PARENT: General population specializing in concerns with C-sections
HHE
PROGRAM DESCRIPTION: Provides information about cesareans, post-surgery emotional support and

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information about physical recovery, and preparing for future births.

DELIVERY MODEL: Support Groups; Lending Library; Warm Lines; Written Materials, Websites, Newsletters
COST: Free; except for publication subscription

International Loving Touch Foundation, Inc

PROGRAM: Parent-Child Infant Massage Classes; Urban Mom's Support Group

PHONE: 503-253-8482

LOCATION: 2122 SE Division St
Portland

COUNTY: M

TYPE OF SERVICE: Family Engagement & Support Services

TYPE OF PARENT: Parents with children ages 0-6 years

MCT | HHE

PROGRAM DESCRIPTION: Program promotes positive family relationships through information on baby massage, baby signing, baby yoga, and infant mental health. Spanish baby sign language class available.

DELIVERY MODEL: Workshops; Support Groups; Written Materials, Websites, Newsletters; Community Outreach

CURRICULA: International Loving Touch Parent-Infant Massage

COST: Contact for current class rates

International Loving Touch Foundation, Inc

PROGRAM: Loving Touch Program

PHONE: 503-253-8482

LOCATION: 2122 SE Division (Classroom)
Portland 97202

COUNTY: M

TYPE OF SERVICE: Family Engagement; Attachment via Infant Massage

TYPE OF PARENT: General population

HHE

PROGRAM DESCRIPTION: Provides trainings, resources and classes in the field of infant and baby massage.

DELIVERY MODEL: Parent & Professional Education

COST: Contact for current rate

Janus Youth Programs

PROGRAM: Bridge House

PHONE: 503-233-6090 Main phone

LOCATION: 707 NE Couch St
Portland 97232

COUNTY: M

TYPE OF SERVICE: Housing & Support Services

TYPE OF PARENT: Homeless & Teen parents

HHE

PROGRAM DESCRIPTION: This program provides transitional housing for youth, primarily previously homeless youth and pregnant / parenting youth.

Jewish Family and Child Services

PHONE: 503-226-7079 Main phone

LOCATION: 1130 SW Morrison St, Suite 316
Portland 97205

COUNTY: M

TYPE OF SERVICE: Educational, Counseling & Support Services

TYPE OF PARENT: General population with variety of specialized programs

ECA | CSN | MCT | GSC

PROGRAM DESCRIPTION: Individual, couple, family, child / adolescent, and group counseling; parent coaching; and parenting workshops. Services include case management, social / recreational activities, family consultations, advocacy, information and referral, and home care services. Support for individuals and families who have children with disabilities. Services include family support groups, social / recreational activities, home care and professional consultations.

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JMJ Psychological Services LLC

PROGRAM: Meeting the Needs of Children, Adolescents, and Adults and Those of Culturally Different Populations

PHONE: 503-881-0349 or 503-640-6182

LOCATION: 14125 SW Farmington Rd
Beaverton 97005

COUNTY: C M W +

TYPE OF SERVICE: Counseling

TYPE OF PARENT: General population

CSN | MCT | GSC

PROGRAM DESCRIPTION: Provides counseling services on a variety of marital issues, building positive family relationships, communication techniques, and stress / anger management. Provides information about children with special needs, and information and referrals to social services. Translation services available.

DELIVERY MODEL: Workshops; Home Visitation; Counseling

COST: Scholarships available for programs

Judith Swinney LLC

PROGRAM: Family Support Services

PHONE: 503-972-5683

LOCATION: Determined at time of phone consultation

COUNTY: C M W

TYPE OF SERVICE: Safety & Conflict Resolution Counseling

TYPE OF PARENT: Separating or divorcing parents

PVT

PROGRAM DESCRIPTION: Services focus on safety and protection for children when safety has been a concern by promoting positive family relationship building, communication techniques, stress / anger management, supervised visitation, and information and referrals to social services.

DELIVERY MODEL: Workshops; Community Outreach

CURRICULA: Parenting Beyond Conflict; Love and Logic; Circle of Security; 40 Assets; work by John Gottman

COST: Scholarships available for programs

Kartini Clinic

PROGRAM: Family-Based Pediatric Eating Disorder Treatment

PHONE: 503-249-8851

LOCATION: 2800 N Vancouver Suite 118
Portland 97227

COUNTY: M

TYPE OF SERVICE: Counseling & Support Services

TYPE OF PARENT: Parents and youth ages 7-21 with pediatric eating disorder

HHE

PROGRAM DESCRIPTION: Services focus on nutrition and building positive relationships with food.

DELIVERY MODEL: Counseling

COST: Contact for current consultation fee

Kathleen M. Clarke Private Practice

PHONE: 503-953-6414

LOCATION: 2700 SE 26th Ave
Portland 97202

COUNTY: C

TYPE OF SERVICE: Support Services & Conflict Resolution

TYPE OF PARENT: Foster parents

GSC

PROGRAM DESCRIPTION: Fosters child guidance, behavior management and family relationships to improve communication methods & conflict resolution. Assists parents with self-exploration and explains how this influences relationships with their children, their parenting nature, and their own patterns and history of behaviors. Services are provided through support groups, family or parent-child counseling, community presentations, and youth counseling.

DELIVERY MODEL: Counseling; Written Materials, Websites, Newsletters;

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Kathleen M. Clarke Private Practice

PROGRAM: Counseling Services; Parenting Support Group

PHONE: 503-953-6414

LOCATION: 2700 SE 26th Suite C
Portland 97202

COUNTY: M

TYPE OF SERVICE: Counseling

TYPE OF PARENT: General population but involved in custody cases

GSC

PROGRAM DESCRIPTION: Program promotes positive family relationships and communication techniques with a focus on self-exploring parenting techniques that may have been influenced by historical behaviors.

DELIVERY MODEL: Support Groups; Counseling; Community Outreach

CURRICULA: Hand in Hand Parenting

COST: Scholarships available for programs

Katie McNeil, LCSW / Family Support and Strategies

PROGRAM: Individual and Family Therapy

PHONE: 503-358-7633

LOCATION: 2007 NE Broadway St, Suite 220
Portland 97232

COUNTY: M

TYPE OF SERVICE: Support Services

TYPE OF PARENT: Parents of Children 4-18 years with specialized programming for families involved in a variety of situations

SDP | GSC

PROGRAM DESCRIPTION: Focuses on positive family relationships, communication and conflict resolution techniques and stress / anger management.

DELIVERY MODEL: Counseling; Information & Referral; Written Materials, Websites, Newsletters

CURRICULA: Parent-Child Interaction Therapy; The Incredible Years; Solution-Focused Family Therapy

COST: Sliding scale

Kids First

PROGRAM: Counseling

PHONE: www.kidsfirst.org

COUNTY: M W

TYPE OF SERVICE: Parent Education & Support Services

TYPE OF PARENT: Parents with children 10-18 years

GSC

PROGRAM DESCRIPTION: Promotes positive family relationships and child care information.

DELIVERY MODEL: Support Groups; Counseling

CURRICULA: Make Parenting a Pleasure; Parent-Child Interaction Therapy

COST: Contact for current program rates

Kids Need Both Parents

PROGRAM: Counseling and Mediation for Parents

Undergoing Separation

PHONE: 503-727-3686

LOCATION: PO Box 6481
Portland 97228

COUNTY: M

TYPE OF SERVICE: Family Counseling

TYPE OF PARENT: Separating and / or divorcing parents

PVT | SDP

PROGRAM DESCRIPTION: Program utilizes concepts of cooperation, respect, and working together, in order to support parents and their children through family conflicts including domestic violence.

DELIVERY MODEL: Support Groups; Warm Lines; Written Materials, Websites, Newsletters; Community Outreach

COST: Donation request

Kids Need Both Parents

PHONE: 503-727-3686 Main phone

LOCATION: PO Box 6481
Portland 97228

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SDP = Single / Divorced Parent

COUNTY: C**TYPE OF SERVICE:** Support Services & Conflict Resolution**TYPE OF PARENT:** Foster parents**PVT | GSC**

PROGRAM DESCRIPTION: Fosters family relationships to improve communication methods & conflict resolution. Assists parents with mutual cooperation and respect and also provides domestic violence counseling.

DELIVERY MODEL: Classroom Setting; Support Groups; Family Fun Activities; Written Materials, Websites, Newsletters; Community Outreach

Kinship House

PHONE: 503-460-2796 Main phone**LOCATION:** 1823 NE 8th Ave

Portland 97212

COUNTY: M**TYPE OF SERVICE:** Medical, Educational & Support Services**TYPE OF PARENT:** Focus on adoptive & foster children**CSN | AFF**

PROGRAM DESCRIPTION: Provides outpatient mental health treatment, education and support to children ages 0-18, their siblings, and their foster and / or adoptive families. Assessments and treatment planning provided statewide. Workshops, training and support groups. Serves children in foster care waiting for adoption or permanent foster care placement. Services to families who have adopted children in the U.S. and abroad.

La Leche League of Oregon

PROGRAM: La Leche League of Oregon**PHONE:** 541-753-6889 Main phone**LOCATION:** 361 NE Plymouth Circle

Corvallis 97330

COUNTY: M W C +**TYPE OF SERVICE:** Breastfeeding & Birthing Support Services**TYPE OF PARENT:** Mothers**HHE**

PROGRAM DESCRIPTION: La Leche League is an international, nonprofit, nonsectarian organization dedicated to providing education, information, support, and encouragement to women who want to breast feed. All breastfeeding mothers and pregnant women interested are welcome to come to free meetings or call Leaders for breastfeeding help.

La Leche League of Oregon

PROGRAM: La Leche League of Oregon**PHONE:** 541-753-6889 Main phone**LOCATION:** 5830 NE Alameda St
Portland 97213**COUNTY:** M W C**TYPE OF SERVICE:** 97213**TYPE OF PARENT:** Mothers**HHE**

PROGRAM DESCRIPTION: La Leche League is an international, nonprofit, nonsectarian organization dedicated to providing education, information, support, and encouragement to women who want to breast feed. All breastfeeding mothers and pregnant women interested are welcome to come to free meetings or call Leaders for breastfeeding help.

Lake Oswego Library

PROGRAM: Youth Services**PHONE:** 503-697-6580**LOCATION:** 706 4th St

Lake Oswego 97034

COUNTY: C**TYPE OF SERVICE:** Literacy**TYPE OF PARENT:** General population**ECA**

PROGRAM DESCRIPTION: Program supports literacy and language promotion.

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SDP = Single / Divorced Parent

DELIVERY MODEL: Classroom Setting; Written Materials, Websites, Newsletters; Family Fun Activities; Community Outreach
COST: Free

Leadership and Entrepreneurship Public Charter High School (LEP)

PROGRAM: Counseling Center
PHONE: 503-254-2537
LOCATION: 2044 E Burnside
 Portland 97214
COUNTY: M
TYPE OF SERVICE: Educational Involvement
TYPE OF PARENT: Parents with youth ages 15-18 years
 ECA | MCT | HHE
PROGRAM DESCRIPTION: Program focuses on academic counseling, and health and nutrition through presentations during parent involvement activities. Translation services available.
DELIVERY MODEL: Counseling; Information & Referrals; Written Materials, Websites, Newsletters
COST: Free

Legacy Women's Services

PROGRAM: Legacy Prenatal Education
PHONE: 503-413-3268
LOCATION: 1919 NW Lovejoy
 Portland 97209
COUNTY: M W C +
TYPE OF SERVICE: Breastfeeding & Birthing Support Services
TYPE OF PARENT: First-time parents
 HHE
PROGRAM DESCRIPTION: Legacy Prenatal Education provides a variety of childbirth, breastfeeding and newborn care classes to help families prepare for the birth of their baby.

Liberty HS Lab Preschool

PROGRAM: Falcon's Nest Preschool
PHONE: 503-844-1250
LOCATION: 21945 NW Wagon Way
 Hillsboro 97124
COUNTY: W
TYPE OF SERVICE: Family Engagement, Information & Referral Services
TYPE OF PARENT: General populuation with one parent staying at home
 ECA | MCT
PROGRAM DESCRIPTION: Promotes positive family relationships through literacy development skills. Translation services available.
DELIVERY MODEL: Workshops; Support Groups; Information & Referrals; Written Materials, Websites, Newsletters; Family Fun Activities
COST: Contact for current program rates

Life Works NW

PROGRAM: Umoja Center
PHONE: 503-282-3296
LOCATION: 4941 NE 17th ave
 Portland 97211
COUNTY: M W
TYPE OF SERVICE: Family Engagement, Information & Referral Services
TYPE OF PARENT: Parents of children ages 10-18 years, specializing in low-income families
 GSC
PROGRAM DESCRIPTION: Promotes positive family relationships, communication and conflict resolution techniques, stress / anger management, and offers information and referrals to social services.
DELIVERY MODEL: Workshops; Home Visitation; Support Groups; Information & Referral; Written Materials, Websites, Newsletter; Family Fun Activities; Community Outreach
CURRICULA: Strengthening Families; Affective Life Parenting
COST: Contact for current program rates

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		SDP = Single / Divorced Parent

Life Works NW

PROGRAM: Young Children's Day-Treatment Program (formerly Children's Psychiatric Day Treatment Center)

PHONE: 503-352-0045

LOCATION: 3900 SW Murray Blvd Suite 100
Beaverton 97005

COUNTY: W

TYPE OF SERVICE: Support Services

TYPE OF PARENT: Parents in a variety of situations

MCT | GSC

PROGRAM DESCRIPTION: Provides general child education and presentations on positive family relationships, communication and conflict resolution, stress / anger management, child care information, and referrals to social services. Translation services available.

DELIVERY MODEL: Home Visitation; Support Groups; Counseling; Information & Referral; Written Materials, Websites, Newsletters; Family Fun Activities

CURRICULA: Collaborative Problem Solving

COST: Cost for Materials

Listen To Kids

PROGRAM: Parent-Child Involvement Project (PCHIP)

PHONE: 503-280-1388

LOCATION: 5135 NW St. Helens Rd. Portland, OR 97213.
Program is mobile/occurs in client's home.

COUNTY: M

TYPE OF SERVICE: Counseling and support services for children exposed to domestic violence.

TYPE OF PARENT: Non-offending caregiver (normally parent but also foster parent, grandparent, etc.) and their children ages 0 to 12 years.

PVT

PROGRAM DESCRIPTION: A family program for children and parents who have experienced domestic violence. Parent-child specialists support parents in understanding the impacts of domestic violence/trauma and learning new skills to help their children heal.

DELIVERY MODEL: In-home parent-child sessions. Play-based therapeutic activities.

CURRICULA: Child-Parent Psychotherapy model

COST: Free. Funded by Portland Children's Levy. Must have a Portland mailing address.

Los Niños Cuentan (Children Count)

PHONE: 503-933-7840 Main phone

LOCATION: 704 Main St Suite 305-4
Oregon City 97045

COUNTY: C

TYPE OF SERVICE: Culturally Specific Services

TYPE OF PARENT: Domestic violence survivors

ECA | MCT | PVT | DAA

PROGRAM DESCRIPTION: Provides services to Latino families and children impacted by domestic violence, sexual assault, abuse and addictions, including a culturally appropriate domestic violence shelter for Latina women and children. Offers parenting and child abuse prevention classes, educational groups for mothers and their children, and informational classes about domestic violence, restraining orders, and other family support services. Also offers after school homework help for children from 1-6th grades. Spanish classes for English speakers.

DELIVERY MODEL: Support Groups & Classroom Setting

Love Makes a Family

PROGRAM: Parent Education McMinnville

PHONE: 503-228-3892 Main phone

COUNTY: +

TYPE OF SERVICE: Support Services

TYPE OF PARENT: LGBTQ families

ECA | MCT

PROGRAM DESCRIPTION: Works for social change by creating a supportive environment for all families, specifically those subjected to social, economic and legal discrimination due to sexual orientation or gender identity expression. School-based advocacy for sexual minority parents and their children. Programs specifically for sexual minority youth.

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Lutheran Community Services Northwest: McMinnville

PROGRAM: Parent Education Program

PHONE: 206-901-1685 Main phone

COUNTY: M W C +

TYPE OF SERVICE: Parent Education

TYPE OF PARENT: General population

GSC

PROGRAM DESCRIPTION: Lutheran Community Services Parent Education program provides an 8 week parenting class which meets for 1- 1/2 hours every week.

McKinley Elementary School

PHONE: 503-533-1845

LOCATION: 1500 NW 185th Ave
Beaverton 97006

COUNTY: W C

TYPE OF SERVICE: Education & Developmental Support Services

TYPE OF PARENT: Focus on children

ECA

PROGRAM DESCRIPTION: Fosters child development and guidance, behavior management, and family relationships; provides referrals and information to navigate social services. Assists students with school and academic achievement.

DELIVERY MODEL: Classroom Setting; Support Groups; Family Fun Activities

Menlo Park Elementary

PROGRAM: Adult Programming

PHONE: 503-224-7800 Main phone

LOCATION: 12900 NE Glisan
Portland 97230

COUNTY: M

TYPE OF SERVICE: Parent Education

TYPE OF PARENT: Parents of elementary school age children

ECA | MCT | GSC

PROGRAM DESCRIPTION: Campfire hosts parenting workshops at their elementary school locations, which teaches parents skill-building; how to talk to their kids about drugs, alcohol, and sex; and how to work with their child's school. Plus, an ELL class and a Nutrition and Cooking class for parents.

DELIVERY MODEL: Family Engagement, Parent Education, and Classroom Setting

CURRICULA: Guiding Good Decisions; Families and Schools Together

Men's Resource Center and Women's Counseling Center

PHONE: 503-235-3433 Main phone

COUNTY: M W C +

TYPE OF SERVICE: Counseling & Support Services

TYPE OF PARENT: Domestic violence & sexual assault survivors

PVT

PROGRAM DESCRIPTION: Professional counseling for men, women, their partners, and their families affected by domestic violence and physical / sexual abuse.

Men's Resource Center and Women's Counseling Center: Oregon City

PROGRAM: Parent Education

PHONE: 503-235-3433 Main phone

LOCATION: 729 Molalla Ave, Suite 8
Oregon City 97045

COUNTY: C +

TYPE OF SERVICE: Counseling & Support Services

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MCT = Multicultural / Translation / ESL
PVT = Prevention / Violence / Trauma
SDP = Single / Divorced Parent

TYPE OF PARENT: Domestic violence & sexual assault survivors

PVT

PROGRAM DESCRIPTION: Professional counseling for men, women, their partners, and their families affected by domestic violence and physical / sexual abuse.

Metropolitan Family Service

PROGRAM: Family Support: Parent Education

PHONE: 503-232-0007 x240

LOCATION: 1808 SE Belmont St (Various Locations)
Portland 97214

COUNTY: C M

TYPE OF SERVICE: Family Engagement, Information & Referral Services

TYPE OF PARENT: Parents of children 0-14 with specialized programming for families in a variety of situations

CSN | GSC

PROGRAM DESCRIPTION: Promotes positive family relationships through communication and conflict resolution techniques and stress / anger management. Provides information to families with children with special needs, and referrals to social services.

DELIVERY MODEL: Support Groups; Information & Referral; Written Materials, Websites, Newsletters

CURRICULA: Make Parenting a Pleasure; Guiding Good Choice; Abriendo Puertas; Ready Set Go (all in Clackamas only)

COST: Contact for current program rates

Metropolitan Family Service

PROGRAM: Ready Set Go

PHONE: 503-232-0007 Main phone

LOCATION: 1808 SE Belmont St
Portland 97214

COUNTY: M W C

TYPE OF SERVICE: Parent Education

TYPE OF PARENT: General population

GSC

PROGRAM DESCRIPTION: Parent education and support through research-based approaches and family services that strengthen families and help children succeed and have a strong connection to the community.

Metropolitan Family Service: Wichita Center

PHONE: 503-232-0007 Main phone

LOCATION: 6031 SE King Rd
Portland 97222

COUNTY: C

TYPE OF SERVICE: Parent Education

TYPE OF PARENT: General population

ECA

PROGRAM DESCRIPTION: Family enrichment program for preschool age children and their parents using hands-on learning for children and parent education.

Mill Park Elementary

PROGRAM: Adult Programming

PHONE: 503-224-7800 Main phone

LOCATION: 1900 SE 117th Ave
Portland 97216

COUNTY: M

TYPE OF SERVICE: Parent Education

TYPE OF PARENT: Parents of elementary school age children

ECA | MCT | GSC

PROGRAM DESCRIPTION: Campfire hosts parenting workshops at their elementary school locations, which teach parents skill-building; how to talk to their kids about drugs, alcohol, and sex; and how to work with their child's school. Plus, an ELL class and a Nutrition and Cooking class for parents.

DELIVERY MODEL: Support Groups & Home Visits

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Miller Education Center 9-12: East Hillsboro School District

PHONE: 503-844-1500 Administrative Office

LOCATION: 759 SE Washington St

Hillsboro 97123

COUNTY: W

TYPE OF SERVICE: Educational Involvement

TYPE OF PARENT: Parents of high school students

ECA

PROGRAM DESCRIPTION: Improves child development and literacy. Offers community presentations, parent-child classes and family fun activities.

Miller Education Center 9-12: West Hillsboro School District

PHONE: 503-844-1500 Administrative Office

LOCATION: 215 SE Sixth St

Hillsboro 97123

COUNTY: W

TYPE OF SERVICE: Educational Involvement

TYPE OF PARENT: Parents of high school students

ECA

PROGRAM DESCRIPTION: Hillsboro public ninth through twelfth grade alternative school. This fully accredited high school is designed to meet students' individual learning styles with the use of inventive activities and lessons. Students have a chance to learn responsibility and gain self esteem through numerous community projects and job training. The Miller Education Center offers a program for teen parents and houses up to ten children in its nursery. **DELIVERY MODEL:** Classroom Setting & Service Learning

Mindful Parenting PDX

PROGRAM: Mindful Parenting

PHONE: 207-409-9419

LOCATION: 3105 NE 26th Ave

Portland 97212

COUNTY: M

TYPE OF SERVICE: Parent Education & Support Services

TYPE OF PARENT: Parents with children 0-9 years

GSC

PROGRAM DESCRIPTION: Program focuses on positive family relationship building.

DELIVERY MODEL: Workshops

COST: Scholarships available for programs

Moms Club of Gresham

PHONE: 360-600-4305

LOCATION: Not Available

COUNTY: M

TYPE OF SERVICE: Health & Nutrition

TYPE OF PARENT: General population

HHE | GSC

PROGRAM DESCRIPTION: Program promotes child development and family relationships, information on health and nutrition, and diffusing parenting challenges. Topics determined based upon group decision.

DELIVERY MODEL: Classroom Setting; Support Groups

Moms Club of Vancouver

PHONE: Residential Camas Chapter 360-335-9812; Residential North Chapter 360-666-0769; Residential South Chapter 360-597-3655

LOCATION: Not Available

COUNTY: M W C +

TYPE OF SERVICE: Support Group

TYPE OF PARENT: Stay at home mothers

GSC

PROGRAM DESCRIPTION: Weekly support groups for stay at home moms of children birth to preschool age.

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Morrison Child and Family Services

PROGRAM: Listos Para Aprender
PHONE: 503-258-4200 Main phone
LOCATION: 11456 NE Knott
 Portland 97220

COUNTY: M

TYPE OF SERVICE: Culturally Specific Services

TYPE OF PARENT: Spanish speaking families

MCT

PROGRAM DESCRIPTION: Parenting training for Spanish speaking families that live within the City of Portland.

Morrison Child and Family Services

PROGRAM: Morrison Child and Family Outpatient: Gresham
PHONE: 503-258-4200 Main phone
LOCATION: 2951 NW Division, Suite 200
 Gresham 97030

COUNTY: M +

TYPE OF SERVICE: Counseling & Support Services

TYPE OF PARENT: High-risk families

GSC

PROGRAM DESCRIPTION: Outpatient services for children and families including individual, group, and family counseling, as well as psychiatric medication management, crisis intervention and case management.

Morrison Child and Family Services

PROGRAM: Morrison Child and Family Outpatient: North
PHONE: 503-258-4200 Main phone
LOCATION: 4790 N Lombard
 Portland 97203

COUNTY: M

TYPE OF SERVICE: Counseling & Support Services

TYPE OF PARENT: High-risk families

GSC

PROGRAM DESCRIPTION: Outpatient services for children and families including individual, group, and family counseling, as well as crisis intervention and case management.

Morrison Child and Family Services

PROGRAM: Morrison Child and Family Outpatient: Griffith Park
PHONE: 503-258-4200 Main phone
LOCATION: 5040 SW Griffith Drive
 Beaverton 97005

COUNTY: W

TYPE OF SERVICE: Counseling & Support Services

TYPE OF PARENT: High-risk families

GSC

PROGRAM DESCRIPTION: Outpatient services for children and families including individual, group, and family counseling as well as crisis intervention and case management.

Morrison Child and Family Services

PROGRAM: Parents Anonymous of Oregon
PHONE: 503-258-4200 Main phone
LOCATION: 4945 NE 7th Ave
 Portland 97211

COUNTY: M W

TYPE OF SERVICE: Counseling & Support Services

TYPE OF PARENT: High-risk families

GSC

PROGRAM DESCRIPTION: Confidential, anonymous support line offers emotional support, information on parent support groups, and information and referrals to local community resources for anyone in a parenting role experiencing stress or concerns. During parent support groups, children ages 1-15 participate in discussions on self esteem, problem solving skills, and promoting pro-social behavior.

C = Clackamas County
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 W = Washington County
 + = Various Counties Outside M, W, C

AFF = Adoptive / Foster Families
 CSN = Children with Special Needs
 DAA = Drug and Alcohol Affected
 ECA = Education / Community Activities

GSC = General Parenting Support / Counseling
 HHE = Health / Housing / Employment
 MCT = Multicultural / Translation / ESL
 PVT = Prevention / Violence / Trauma
 SDP = Single / Divorced Parent

Morrison Child and Family Services

PROGRAM: Morrison Child and Family Outpatient:
Portland

PHONE: 503-258-4200 Main phone

LOCATION: 1818 SE Division
Portland 97202

COUNTY: M

TYPE OF SERVICE: Counseling & Support Services

TYPE OF PARENT: High-risk families

GSC

PROGRAM DESCRIPTION: Outpatient services for children and families including individual, group, and family counseling, as well as crisis intervention and case management.

Mother and Child Information Center

PHONE: 503-249-5801 Main phone

LOCATION: 1515 NE 41st Ave
Portland 97232

COUNTY: M

TYPE OF SERVICE: Information & Referral Service

TYPE OF PARENT: General population

HHE

PROGRAM DESCRIPTION: Provides 24-hour Pregnancy / Parenting Help Lines, free pregnancy testing, emergency clothing and supplies for newborn-size 4T, ongoing classes and workshops on a variety of topics, and information and referrals to social services. Contact for current topic list.

Mt. Hood Community College: Maywood Campus

PROGRAM: MHCC Early Head Start

PHONE: 503-491-6422 Main phone

LOCATION: 10100 NE Prescott
Portland 97220

COUNTY: M W C

TYPE OF SERVICE: Educational Involvement

TYPE OF PARENT: Low-income parents of children 0-3 years

ECA

PROGRAM DESCRIPTION: The Early Head Start program enrolls low income, high risk families living in Mid and East Multnomah County with children ages birth - three years and expectant families.

Mt. Hood Community College: Maywood Campus

PROGRAM: Child Care Resource and Referral of Multnomah County

PHONE: 503-491-6422 Main phone

LOCATION: 1006 SE Grand Ave, Suite 100B
Portland 97214

COUNTY: M W C

TYPE OF SERVICE: Child Care Services

TYPE OF PARENT: General population

GSC

PROGRAM DESCRIPTION: Connects parents and child care providers through information and referral services, professional development, technical assistance, and community outreach. Parent training available for childcare scholarships, children's development, social-emotional adjustment, and age specific questions / concerns.

Mt. Hood Community College Child Development and Family Support Programs

PROGRAM: Early Head Start

PHONE: 503-491-6114

LOCATION: 10100 NE Prescott
Portland 97220

COUNTY: M

TYPE OF SERVICE: Parent Education & Support Services

TYPE OF PARENT: Low income families with children 0-3

ECA | MCT | GSC

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PROGRAM DESCRIPTION: Program supports positive family relationships and stress / anger management as well as sponsoring prenatal support groups, infant massage classes, and a variety of family fun activities. Translation services available.

DELIVERY MODEL: Home Visitation; Classroom Setting; Support Groups; Information & Referral; Family Fun Activities

CURRICULA: Nurse-Family Partnership; Parents as Teachers

COST: Free

Portland 97215

COUNTY: M

TYPE OF SERVICE: Parent Education & Support Services

TYPE OF PARENT: General population

GSC

PROGRAM DESCRIPTION: Program promotes building positive family relationships.

DELIVERY MODEL: Written Materials, Websites, Newsletters

CURRICULA: Parenting with Love and Logic

COST: Charge for materials only

Mt. Hood Community College Child Development and Family Support Programs

PROGRAM: Head Start

PHONE: 503-491-6111

LOCATION: 10100 NE Prescott

Portland 97220

COUNTY: M

TYPE OF SERVICE: Parent Education & Support Services

TYPE OF PARENT: Low income families

ECA | MCT | GSC

PROGRAM DESCRIPTION: Program supports positive family relationships and stress / anger management as well as sponsoring prenatal support groups, infant massage classes, and a variety of family fun activities. Translation services available.

DELIVERY MODEL: Workshops; Home Visitation; Counseling; Family Fun Activities

CURRICULA: Make Parenting a Pleasure; The Incredible Years

COST: Free

Multnomah County Aging and Disabilities Services

PROGRAM: Family Caregiver Support Program

PHONE: 503-988-3646

LOCATION: 421 SW Oak St Suite 510

Portland 97204

COUNTY: M

TYPE OF SERVICE: Parent Education & Support Services

TYPE OF PARENT: Grandparents & other relatives

GSC | ECA

PROGRAM DESCRIPTION: Program focuses on intergenerational parenting skill development, positive family relationships through communication and conflict resolution in addition to providing childcare information, referrals to social services, and case management advocacy.

DELIVERY MODEL: Home Visitation; Support Groups; Information & Referral; Respite Care; Family Fun Activities;

COST: Free

Mt. Tabor Seventh Day Adventist Church

PROGRAM: Love and Logic

PHONE: 503-239-5437

LOCATION: 1001 SE 60th

Multnomah County Central Library

PROGRAM: Story Time

PHONE: 503-988-5402 Main phone

LOCATION: 801 SW 10th Ave

Portland 97205

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COUNTY: M

TYPE OF SERVICE: Literacy

TYPE OF PARENT: General population

ECA

PROGRAM DESCRIPTION: Story Time for parents and children at the central Multnomah County library.

Multnomah County Department of Community Justice

PROGRAM: Family Court Services

PHONE: 503-988-3701

LOCATION: 1021 SW Fourth, Room 350
Portland 97204

COUNTY: M W C +

TYPE OF SERVICE: Counseling & Support Services

TYPE OF PARENT: Parents court involved

GSC

PROGRAM DESCRIPTION: Family Court Services is a social service agency that is administered by the Department of Community Justice Juvenile Services Division and is affiliated with the Domestic Relations Court. Mental health staff provide a variety of direct services to families focusing on marriage and relationship counseling, mediation assistance, evaluations, parental access and visitation, and general parent education.

Multnomah County Department of County Human Services Sun Service System Division

PROGRAM: Sun Community Schools Program

PHONE: 503-988-6295 Main phone

LOCATION: Various Locations

COUNTY: M W +

TYPE OF SERVICE: Educational Involvement

TYPE OF PARENT: General population

ECA

PROGRAM DESCRIPTION: SUN Community Schools is a collaboration between nonprofits, government agencies and schools in the Centennial, David Douglas, Gresham-Barlow, Parkrose, Portland Public, and Reynolds School Districts. SUN's mission is to improve the lives of children, their families, and the community by partnering with local school communities to extend the school day and develop schools as "community centers" in their neighborhoods. Primary activities are extended-day academic and enrichment programs linked with the school day, family programs, health and social services for students, families, and the community, community events, and adult education.

Multnomah County Developmental Disability Division

PHONE: 503-988-3658 Main phone

LOCATION: 421 SW Oak St, Suite 610
Portland 97204

COUNTY: M W

TYPE OF SERVICE: Support & Referral Services

TYPE OF PARENT: Parents & families with special needs

CSN

PROGRAM DESCRIPTION: The overall purpose of the Developmental Disabilities Services Division is to assist individuals with developmental disabilities in identifying, accessing, coordinating and ensuring the delivery of available services and resources.

Multnomah County District Attorney

PROGRAM: Support Enforcement Division

PHONE: 503-988-3162 Main phone

LOCATION: 1120 SW Fifth Ave, Suite 1530
Portland 97204

COUNTY: M

TYPE OF SERVICE: Information Referral & Support Services

TYPE OF PARENT: Divorcing & custody

SDP

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GSC = General Parenting Support / Counseling
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MCT = Multicultural / Translation / ESL
PVT = Prevention / Violence / Trauma
SDP = Single / Divorced Parent

PROGRAM DESCRIPTION: Provides information on modifying a child support order and filing for payment from a non-custodial parent; also answers questions about support enforcement, or can provide help through a website.

DELIVERY MODEL: Workshops; Written Materials, Websites, Newsletters; Community Outreach
CURRICULA: Born to Read; Early Words; Mother / (Father) Read; Books; Without Barriers
COST: Free

Multnomah County Family Court Services

PROGRAM: Domestic Relations
PHONE: 503-988-3189
LOCATION: 1021 SW 4th Ave, Room 350
 Portland 97204
COUNTY: M
TYPE OF SERVICE: Parent Education
TYPE OF PARENT: Parents involved with courts
AFF | SDP
PROGRAM DESCRIPTION: Promotes positive family relationships and offers mediation and support for families experiencing divorce and separation conflicts. Also provides information and referrals to social services.
DELIVERY MODEL: Workshops; Warm Lines; Written Materials, Websites, Newsletters
CURRICULA: Helping Parents Cope with Family Change
COST: Scholarships available for programs

Multnomah County Library

PROGRAM: Library Story Times
PHONE: 503-988-3496
LOCATION: 18 branches (Various Locations)
COUNTY: M
TYPE OF SERVICE: Literacy
TYPE OF PARENT: General population, specializing in parents of children 0-6 years
ECA
PROGRAM DESCRIPTION: Program focuses on literacy, homework help, and child development information to support reading skill acquisition.
DELIVERY MODEL: Workshops; Support Groups; Lending Library; Written Materials, Websites, Newsletters; Family Fun Activities; Community Outreach
CURRICULA: The 6 Early Literacy Skills
COST: Free

Multnomah County Library

PROGRAM: Early Childhood Services: Born to Read; Early Words
PHONE: 503-988-5543
LOCATION: 205 NE Russell St
 Portland 97212
COUNTY: M
TYPE OF SERVICE: Literacy
TYPE OF PARENT: Parents with children 0-6 interested in literacy skills
ECA | MCT | CSN
PROGRAM DESCRIPTION: Promotes literacy and family fun activities and provides information to families with children with special needs. Translation services available.

Murray Boulevard Beaverton Lifeworks NW

PROGRAM: Lifeworks NW: Young Children's Day Treatment
PHONE: 503-645-9010 Intake-Referral
LOCATION: 3900 SW Murray Blvd, Suite 100
 Beaverton 97005
COUNTY: W +
TYPE OF SERVICE: Counseling & Support Services
TYPE OF PARENT: Parents of children ages 3-10 with psychological difficulties
CSN

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GSC = General Parenting Support / Counseling
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 SDP = Single / Divorced Parent

PROGRAM DESCRIPTION: For young children, ages 3-10 years old who are experiencing serious psychiatric difficulties. Parents, schools or agency personnel can make a referral to this program.

My Sister's House

PHONE: 503-665-1026

LOCATION: Not Available

COUNTY: M +

TYPE OF SERVICE: Housing & Support Services

TYPE OF PARENT: Women & children

SDP | HHE

PROGRAM DESCRIPTION: This site offers short term housing for women trying to regain custody of their children, women with children waiting for another housing opportunity, or women who need a place to regroup after a divorce or a separation. Offers a safe place for supervised visitation with children. This program is based on spiritual principles.

Native American Youth and Family Center

PROGRAM: Healing Circle Domestic Violence Program

PHONE: 503-288-8177 Main phone

LOCATION: 5135 NE Columbia Blvd
Portland 97218

COUNTY: M

TYPE OF SERVICE: Support Group & Case Management

TYPE OF PARENT: Domestic violence survivors

PVT

PROGRAM DESCRIPTION: Provides immediate crisis intervention services, direct advocacy, case management, and support groups for victims of domestic violence. Parenting and healthy relationship building classes. After hours phone number recorded on voice mail message.

Natural Childbirth and Family Clinic LLC

PROGRAM: Parenting Education Classes

PHONE: 503-252-8125 Main phone

LOCATION: 10360 NE Wasco St
Portland 97220

COUNTY: M

TYPE OF SERVICE: Health Education

TYPE OF PARENT: General population

HHE | GSC

PROGRAM DESCRIPTION: Parenting and vaccination education classes.

Neighborhood House Inc

PROGRAM: Childcare Improvement Project

PHONE: 503-246-1663 Main phone

LOCATION: 7780 SW Capitol Hwy (Various Locations)
Portland 97219

COUNTY: M

TYPE OF SERVICE: Childcare Services

TYPE OF PARENT: Low-income parents with children 0-14years

GSC

PROGRAM DESCRIPTION: Organization promotes positive relationship building between childcare providers and parents in addition to supporting childcare businesses.

DELIVERY MODEL: Workshops; Home Visitation; Information & Referrals; Written Materials, Websites, Newsletters; Community Outreach

CURRICULA: Family Childcare Environment Rating Scale (Thelma Harms Assessment)

COST: Contact for current childcare rates

Neighborhood House Inc

PROGRAM: Early Head Start Prekindergarten

PHONE: 503-246-1663 Main phone

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PVT = Prevention / Violence / Trauma
SDP = Single / Divorced Parent

LOCATION: 11135 SW Capitol Highway (Various Locations)
Portland 97219

COUNTY: M

TYPE OF SERVICE: Educational Involvement

TYPE OF PARENT: Parents of children 0-3 years

ECA | HHE

PROGRAM DESCRIPTION: Provides services to children ages birth to 3 years old and their families through home-based and family child care options year round that focus on child development, nutrition, and various screenings. Services dependent upon program capacity

Neighborhood House Inc

PROGRAM: Neighborhood House Parenting Program

PHONE: 503-246-1663 Main phone

LOCATION: 10531 SW Capitol Highway (Various Locations)
Portland 97219

COUNTY: M

TYPE OF SERVICE: Educational Involvement

TYPE OF PARENT: Parents of children 0-3 years

ECA

PROGRAM DESCRIPTION: Program provides parent education, family support and parent-child groups, and advocacy for children entering school. Children participating in the program receive regular developmental screenings and are referred to additional services as needed.

Neighborhood House Inc

PROGRAM: Neighborhood House Youth and Family Services

PHONE: 503-246-1663 Main phone

LOCATION: 7688 SW Capitol Highway (Various Locations)
Portland 97219

COUNTY: M

TYPE OF SERVICE: Educational Involvement

TYPE OF PARENT: Parents of children 0-3 years

ECA

PROGRAM DESCRIPTION: Neighborhood House Youth & Family Services provides educational support and afterschool programming for youth (ages 6-18) and their families, local schools, and community groups. Services include mentoring, school / community success building, and academic case management for high school youth.

New Seasons Market

PROGRAM: Breastfeeding and New Parent Support Groups

PHONE: 503-517-9851

LOCATION: 1954 SE Division St
Portland 97202

COUNTY: C M

TYPE OF SERVICE: Breastfeeding, Health & Nutrition

TYPE OF PARENT: First-time parents with children ages 0-3 years

HHE | GSC

PROGRAM DESCRIPTION: Information shared on a variety of topics such as lactation support, baby sleep issues, health and nutrition, child development, and family relationships. Contact for current topic list.

DELIVERY MODEL: Support Groups

COST: Free

New Seasons Market

PROGRAM: Breastfeeding and New Parent Support Groups

PHONE: 503-517-9851

LOCATION: 5320 NE 33rd Ave
Portland 97211

COUNTY: C M

TYPE OF SERVICE: Breastfeeding, Health & Nutrition

TYPE OF PARENT: First-time parents with children ages 0-3 years

HHE | GSC

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PROGRAM DESCRIPTION: Information shared on a variety of topics such as lactation support, baby sleep issues, health and nutrition, child development, and family relationships. Contact for current topic list.

DELIVERY MODEL: Support Groups

COST: Free

New Seasons Market

PROGRAM: Breastfeeding and New Parent Support Groups

PHONE: 503-517-9851

LOCATION: 15861 SE Happy Valley Town Cntr Dr
Happy Valley 97086

COUNTY: C M

TYPE OF SERVICE: Breastfeeding, Health & Nutrition

TYPE OF PARENT: First-time parents with children ages 0-3 years

HHE | GSC

PROGRAM DESCRIPTION: Information shared on a variety of topics such as lactation support, baby sleep issues, health and nutrition, child development, and family relationships. Contact for current topic list.

DELIVERY MODEL: Support Groups

COST: Free

Next Door, Inc

PROGRAM: New Parent Services

PHONE: 541-386-5520 Main phone

LOCATION: 212 Second St
Hood River 97031

COUNTY: M +

TYPE OF SERVICE: Educational Involvement

TYPE OF PARENT: Parents of young children

ECA

PROGRAM DESCRIPTION: Supports families with young children, focusing on baby care, child development, and positive parenting skills. Organizes play groups for parents

and their newborns and young pre-schoolers. Children's Closet provides gently used baby clothing, toys and baby equipment and accepts donations.

North Portland Albina Head Start and Early Head Start

PHONE: 503-282-1975 Main phone

LOCATION: 911 N Skidmore
Portland 97217

COUNTY: M

TYPE OF SERVICE: Educational Involvement

TYPE OF PARENT: Low-income parents of children 6 weeks to 5 years

ECA | HHE | CSN

PROGRAM DESCRIPTION: Promotes school readiness by enhancing the social and cognitive development of children through the provision of educational, health, nutritional, social and other services; includes services for children with special needs.

DELIVERY MODEL: Classroom Setting & Home Visits

Northeast Health Center

PROGRAM: Nurse Family Partnership

PHONE: 503-988-3674 Main phone

LOCATION: 5329 NE Martin Luther King Jr Blvd
Portland 97211

COUNTY: M

TYPE OF SERVICE: Home Visits, Parent Education & Support Services

TYPE OF PARENT: First-time parents

GSC

PROGRAM DESCRIPTION: Provides an intensive two-year parenting program to first-time parents which includes frequent home visits until child is 2 years old.

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Northwest Adoptive Families Association

PHONE: 503-243-1356 Automated VM

LOCATION: PO Box 25355

Portland

COUNTY: W M

TYPE OF SERVICE: Support Services

TYPE OF PARENT: Adoptive extended families

AFF

PROGRAM DESCRIPTION: This program serves to broaden awareness of adoption and provide support for adoption within families, family service organizations and the community in general. Services include support groups, information for adoptive families and those interested in adoption, bimonthly newsletter, social activities, lending library, and a Baby Care class for families preparing to bring children home.

Northwest Confederated Tribe of the Siletz

PROGRAM: Siletz Tribal Head Start

PHONE: 503-238-1512

LOCATION: 7326 SE Flavel

Portland 97206

COUNTY: M +

TYPE OF SERVICE: Culturally Specific Services

TYPE OF PARENT: Parents who identify as Native American with children ages 0-4 years

CSN | MCT

PROGRAM DESCRIPTION: Provides culturally specific parent involvement support; facilitates parent education information on a variety of topics including communication and conflict resolution techniques, child care information, and information for families with children with special needs; conducts monthly parent meetings at school.

DELIVERY MODEL: Home Visitation; Information & Referral; Written Materials, Websites, Newsletters

CURRICULA: Creative Curriculum

COST: Free

Northwest Family Services

PROGRAM: Lasting Relationships / Amor Para Toda La Zida; Youth Solutions

PHONE: 503-546-6377

LOCATION: Various Locations

COUNTY: M W C +

TYPE OF SERVICE: Parent Education & Educational Involvement

TYPE OF PARENT: General population

MCT | GSC

PROGRAM DESCRIPTION: Program supports positive family relationships, communication techniques, and stress / anger management. Translation services available.

DELIVERY MODEL: Workshops; Written Materials, Websites, Newsletters

CURRICULA: Lasting Relationships; Love and Logic; Facts (in house)

COST: Scholarships available for programs

Northwest Housing Alternatives

PROGRAM: Annie Ross House

PHONE: 503-654-1007

LOCATION: 2316 SE Willard St

Milwaukie 97222

COUNTY: C

TYPE OF SERVICE: Housing & Support Services

TYPE OF PARENT: Homeless families

HHE

PROGRAM DESCRIPTION: Family shelter that is the primary resource for Clackamas County families. Shelter is able to accommodate up to 11 families. Family must have ties to Clackamas County (social, economic). Will take some occasional referrals from other county agencies if space permits. Families may stay in the shelter up to 4 weeks. All intakes done by Clackamas County Social Services.

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SDP = Single / Divorced Parent

Northwest Media, Inc.

PROGRAM: Foster Parent College; sociallearning.com

PHONE: 541-343-6636 or 800-777-6636

LOCATION: 326 W 12th Ave
Eugene 97401

COUNTY: M W C +

TYPE OF SERVICE: Online Parent Education

TYPE OF PARENT: Foster and adoptive parents;
grandparents & other relatives

CSN | GSC | AFF

PROGRAM DESCRIPTION: A media resource promoting positive family relationships, communication and conflict resolution techniques, stress / anger management, and information about child care and children with special needs. CD,DVD, Books and other materials for sale.

DELIVERY MODEL: Written Materials, Websites, Newsletters, Classes

COST: Scholarships available for the fee-based programs such as Foster Parent College. Modest charges for published materials.

Northwest Media, Inc.

PROGRAM: Foster Parent College

PHONE: 541-343-6636

LOCATION: Online Service

COUNTY: M W C +

TYPE OF SERVICE: Online Parent Education & Support Services

TYPE OF PARENT: Grandparents & foster / adoptive parents, specializing in children with special needs

CSN | GSC | AFF

PROGRAM DESCRIPTION: Promotes positive family relationships and communication and conflict resolution technique. Provides child care information and support for families with children with special needs through online discussion boards. Referrals to social services available.

DELIVERY MODEL: Information & Referral; Written Materials, Websites, Newsletters

CURRICULA: Foster Parent College Curriculum (research / evidence-based; developed in house)

COST: Scholarships Available

Northwest Regional Education Service District

PROGRAM: Early Intervention / Early Childhood Special Education Service

PHONE: 503-614-1428 Main phone

LOCATION: 5825 NE Ray Circle
Hillsboro 97124

COUNTY: W

TYPE OF SERVICE: Educational Involvement

TYPE OF PARENT: Parents of children with special needs in early education

ECA | CSN

PROGRAM DESCRIPTION: We provide consultation and direct services to Early Childhood Special Education eligible children placed in Head Start classrooms. Both EI and ECSE services are coordinated through the Northwest Regional ESD. The services provided in both the EI and ECSE programs are individualized to meet the needs of the children who are demonstrating delays in their development. If needed, transportation is arranged with the child's resident school district.

DELIVERY MODEL: Consultation & Direct Service

Nursing Mothers Counsel of Oregon

PROGRAM: Nursing Mothers Counsel Of Oregon

PHONE: 503-282-3338 Main phone

LOCATION: 818 SW 3rd Ave #372
Portland 97204

COUNTY: M +

TYPE OF SERVICE: Breastfeeding & Birthing Support Services

TYPE OF PARENT: Mothers

HHE

C = Clackamas County
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SDP = Single / Divorced Parent

PROGRAM DESCRIPTION: Promotes breastfeeding and provides breastfeeding consultation through in-home and / or telephone counseling to nursing mothers. Offers breast pump instruction, and low cost sales and rentals.

NW Regional Education Service District

PROGRAM: Washington County Early Intervention (and Early Childhood Special Education)

PHONE: 503-614-1446 English; 503-614-1263 Spanish

LOCATION: 5825 NE Ray Circle
Hillsboro 97124

COUNTY: W

TYPE OF SERVICE: Services for children 0-3 with mental or physical delay; diagnosis within 60 days

TYPE OF PARENT: Parents of children with special needs

CSN | MCT | GSC

PROGRAM DESCRIPTION: Program provides information on building positive family relationships, information for families with children with special needs, and referrals to social services. Translation services available.

DELIVERY MODEL: Workshops; Home Visitation; Support Groups; Lending Library; Written Materials, Websites, Newsletters;

CURRICULA: Creative Curriculum

COST: Free

NW Regional Education Service District

PROGRAM: Early Childhood Special Education

PHONE: 503-614-1446

LOCATION: 5825 NE Ray Circle
Hillsboro 97124

COUNTY: W

TYPE OF SERVICE: Educational Involvement

TYPE OF PARENT: Parents of children with special needs ages 0-5

MCT | GSC

PROGRAM DESCRIPTION: Program focuses on kindergarten readiness, challenging behaviors and

communication strategies, toilet training, and self-care for parents as well as child care information and referrals to social services. Translation services available.

DELIVERY MODEL: Workshops; Home Visitation; Lending Library; Written Materials, Websites, Newsletters

CURRICULA: Creative Curriculum; Handwriting Without Tears; Positive Behavior Intervention Supports; Assessment and Evaluation Programming System; Story-Based Curriculum; STAR Curriculum

COST: Free

OHDC-Hillsboro

PROGRAM: Young Parents Program-OHDC

PHONE: 503-245-2600 Main phone

LOCATION: 334 SE Fifth St Suite A
Hillsboro 97123

COUNTY: M

TYPE OF SERVICE: Parent Education & Support Services

TYPE OF PARENT: Parents child welfare involved

HHE

PROGRAM DESCRIPTION: Program aides young mothers on welfare in achieving self-sufficiency through office visits, school visits, work readiness and GED preparation, job training, work experiences as well as parenting education and support services.

One R.A.D. Nanny

PROGRAM: Motivational and Restorative Parenting Techniques

PHONE: 503-569-2787

LOCATION: Private Address
Salem 97302

COUNTY: +

TYPE OF SERVICE: Parent Education & Support Services

TYPE OF PARENT: Parents with high needs children ages 0-14 years

GSC

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DAA = Drug and Alcohol Affected

ECA = Education / Community Activities

GSC = General Parenting Support / Counseling

HHE = Health / Housing / Employment

MCT = Multicultural / Translation / ESL

PVT = Prevention / Violence / Trauma

SDP = Single / Divorced Parent

PROGRAM DESCRIPTION: Program promotes positive family relationships and provides respite care.

DELIVERY MODEL: Respite Care

CURRICULA: Love and Logic

COST: Contact for current care rate

Open Adoption and Family Services

PROGRAM: Open Adoption and Family Services: Portland

PHONE: 503-226-4870 Reception

LOCATION: 5200 SW Macadam Ave #250

Portland 97239

COUNTY: M W C +

TYPE OF SERVICE: Support Services

TYPE OF PARENT: Parents & families interested in adoptive issues

AFF

PROGRAM DESCRIPTION: Open Adoption and Family Services, Inc. is a nonprofit adoption agency that supports birthparents in making decisions about parenthood and facilitates child-centered open adoptions. Provides free pregnancy options counseling.

Options Counseling Services of Oregon

PROGRAM: Child and Family Mental Health Services

PHONE: 503-335-5975

LOCATION: 10011 SE Division Suite 305

Portland 97266

COUNTY: M W C

TYPE OF SERVICE: Parent Education & Support Services

TYPE OF PARENT: Parents with mental health diagnosis who qualify for OHP

CSN

PROGRAM DESCRIPTION: Services focused on parenting skill development with children with mental health needs.

DELIVERY MODEL: Home Visitation; Support Groups; Lending Library; Community Outreach

CURRICULA: Family Support and Connections (FSC); In-Home Safety and Reunification Services (ISRS) (also in

Columbia county); Outpatient Program; Intensive Community-Based Treatment Services (ICTS)

COST: OHP subsidizes payments

Oregon Child Development Coalition

PROGRAM: Migrant Seasonal Head Start

PHONE: 503-663-0896

LOCATION: 2727 SE Anderson Rd

Gresham 97080

COUNTY: C

TYPE OF SERVICE: Parent Education

TYPE OF PARENT: Parents working in agriculture (51% of income)

ECA | MCT | HHE

PROGRAM DESCRIPTION: A committee addressing positive family relationships and communication and conflict resolution techniques by focusing on parent decision making, employment opportunities, immigration issues, child safety, classroom activities, and case managers. Social service referrals and translation services available.

DELIVERY MODEL: Workshops; Home Visitation; Information & Referrals; Lending Library; Written Materials, Websites, Newsletters; Family Fun Activities; Community Outreach

CURRICULA: Creative Curriculum

COST: Free

Oregon Child Development Coalition

PROGRAM: Migrant Head Start

PHONE: 503-981-3001 Main phone

LOCATION: 13700 S Freeman Rd

Mulino 97042

COUNTY: M W C +

TYPE OF SERVICE: Home Visitation & Parent Education

TYPE OF PARENT: Parents of children 0-3 years

ECA | MCT | HHE

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 PVT = Prevention / Violence / Trauma
 SDP = Single / Divorced Parent

PROGRAM DESCRIPTION: Home visits for families; health screenings; and classroom time for infants, toddlers, and preschoolers (up to 8 hrs a day).

to commit to regular evening attendance three nights per week throughout the 32 week program year.

DELIVERY MODEL: Education Classroom Setting

Oregon Child Development Coalition: Cornelius

PROGRAM: Poder Family Literacy Services

PHONE: 503-570-1110

LOCATION: 1389 S Dogwood St

Cornelius 97113

COUNTY: W

TYPE OF SERVICE: Literacy

TYPE OF PARENT: Parents of children in early education

ECA | MCT

PROGRAM DESCRIPTION: This program provides an integrated four-component program (adult education, parent education, early childhood education, parent and child interactive literacy activities) to Latino families willing to commit to regular evening attendance three nights per week throughout the 32 week program year.

DELIVERY MODEL: Education Classroom Setting

Oregon Family Support Network, Inc

PHONE: 503-675-2294 Main phone

LOCATION: PO BOX 324

Marylhurst 97036

COUNTY: M W C +

TYPE OF SERVICE: Support Services

TYPE OF PARENT: Parents of children with special needs

CSN

PROGRAM DESCRIPTION: Provides support, technical assistance, and referrals to existing resources. Coordinates statewide support groups for families with children who have mental, emotional or behavioral disorders.

Oregon Child Development Coalition: Cornelius

PROGRAM: Poder Family Literacy Services

PHONE: 503-570-1110

LOCATION: 830 S Linden St

Cornelius 97113

COUNTY: W

TYPE OF SERVICE: Literacy

TYPE OF PARENT: Parents of children in early education

ECA | MCT

PROGRAM DESCRIPTION: This program provides an integrated four-component program (adult education, parent education, early childhood education, parent and child interactive literacy activities) to Latino families willing

Oregon Hospice Association

PROGRAM: Me, Too and Company Children's Grief Support Group

PHONE: 503-228-2104 Main phone

LOCATION: Post Office Box 10796

Portland 97296

COUNTY: M W C +

TYPE OF SERVICE: Support Groups & Community Outreach

TYPE OF PARENT: Parents & families who've experienced a recent death

PVT | GSC

PROGRAM DESCRIPTION: This program supports children and families who have experienced the death of a parent, sibling, child, relative or friend. It offers 8-week support groups for children (ages 5-11), teens (ages 12-18) and their adult parents or guardians. Public and community lectures provided free of cost.

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Oregon Parent Training and Information Center

PHONE: 888-891-6784

LOCATION: 2288 Liberty St NE
Salem 97301

COUNTY: M W C +

TYPE OF SERVICE: Education & Support Services

TYPE OF PARENT: Parents of children with special needs

CSN

PROGRAM DESCRIPTION: ORPTI provides programs to families with disabled children and young adults with disabilities throughout the state, including workshops, information and referral, technical assistance, individual / group advocacy and problem solving, support groups, parent / family peer counseling, a volunteer program, and lending library.

Oregon Post-Adoption Resource Center

PHONE: 503-241-0799 Main phone

LOCATION: 2950 SE Stark St
Portland 97214

COUNTY: M

TYPE OF SERVICE: Information & Referral Service

TYPE OF PARENT: Adoptive extended families

AFF

PROGRAM DESCRIPTION: ORPARC serves adoptive families that have adopted within the child welfare system and state-subsidized guardianship. ORPARC provides information and resources at no cost to eligible families statewide.

Oregon Post Adoption Resource Center

PROGRAM: State-Involved Adoption and Guardian Services

PHONE: 503-241-0799; 800-764-8367

LOCATION: 2950 SE Stark St, Suite 130
Portland 97214

COUNTY: M

TYPE OF SERVICE: Parent Education & Support Services

TYPE OF PARENT: Adoptive parents

AFF

PROGRAM DESCRIPTION: Provides education training and support services for adoptive families.

DELIVERY MODEL: Workshops; Information & Referral; Lending Library; Warm Lines; Written Materials, Websites, Newsletters; Community Outreach

COST: Free to adoptive parents and those providing legal guardianship

Pacific University

PROGRAM: Pacific Psychology Clinic: Portland

PHONE: 503-352-2218 Admissions

LOCATION: 1411 SW Morrison St, Suite 205
Portland 97205

COUNTY: W

TYPE OF SERVICE: Counseling

TYPE OF PARENT: Youth and family counseling

GSC

PROGRAM DESCRIPTION: This is one of the principal training sites for Pacific University's School of Professional Psychology which is an APA-accredited doctoral program in clinical psychology. It provides mental health services to the community through counseling and assessments, consultation services and psycho educational services. Prospective clients are interviewed by telephone and then an appointment is provided for an intake assessment.

DELIVERY MODEL: Counseling Setting & Telephone Interview

Pagatim.fm / Parenting Unplugged

PROGRAM: Online Radio Network

PHONE: www.pagatim.fm/contact/

LOCATION: PO Box 80857
Portland 97280

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COUNTY: M W C +**TYPE OF SERVICE:** Online Parent Education and Support**TYPE OF PARENT:** Youth and family counseling**GSC**

PROGRAM DESCRIPTION: The mission of Pagatim.fm is cultivating brave conversations, seeding true communities and stumbling towards the authentic life, with a focus on parent support. The meaning of PAGATIM is “in a village manner.” Upon becoming parents in 2004, founders Laura and Todd Mansfield, documentary producer and radio broadcaster, felt huge shock waves. Laura found herself isolated and depressed without a supportive community to guide her through this first stage of parenting. Todd was on the road, he says now, “missing the boat on what being a father was all about.” In February of 2009, Todd and Laura founded *Parenting Unplugged Radio* which became the company’s flagship radio show--authentic conversations about parenting between a husband and wife. Other core parenting shows, with more added monthly, are *Dads Unplugged*, *Single Parents Unplugged*, and *Zen Parenting*. www.Pagatim.fm

DELIVERY MODEL: Live Internet Broadcasts and Recorded Podcasts; Occasional Workshops**COST:** All online and iTunes programming is free; scholarships available for some workshops

Parent-Child Preschools of Oregon

PHONE: 503-293-6161 Main phone**COUNTY:** W +**TYPE OF SERVICE:** Co-op Educational Involvement**TYPE OF PARENT:** General population**ECA**

PROGRAM DESCRIPTION: This program gives technical assistance statewide to parents in locating and establishing co-op preschools in their area. Program sponsors an annual conference, seminars, and enrichment activities for parents and teachers.

Parent Empowerment Group

PROGRAM: Parent Empowerment Program**PHONE:** 503-953-5329**LOCATION:** 405 W Arlington
Gladstone 97027**COUNTY:** C**TYPE OF SERVICE:** Parent Education & Counseling, Support Services**TYPE OF PARENT:** General population**GSC**

PROGRAM DESCRIPTION: Program promotes positive family relationship building and positive discipline techniques by revealing 13 ways parents give up their power.

DELIVERY MODEL: Workshops; Counseling; Written Materials, Websites, Newsletters**CURRICULA:** Parent Empowerment Program**COST:** Scholarships available for programs

Parent Support Center, Inc

PHONE: 503-796-9665 Main phone**COUNTY:** M**TYPE OF SERVICE:** Parent Education**TYPE OF PARENT:** General population**GSC**

PROGRAM DESCRIPTION: Parenting classes and workshops given during a five- and six-week session for parents and teachers based on Taking Charge: Caring Discipline That Works at Home and at School, by JoAnne Nordling. Offered on a rotating quarterly basis between Eugene and Portland

Parenting: Academics, Careers, and Employment

PHONE: 503-353-5946 Main phone**LOCATION:** 14211 SE Johnson Rd
Milwaukie 97267

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SDP = Single / Divorced Parent

COUNTY: C**TYPE OF SERVICE:** Education & Support Services**TYPE OF PARENT:** Teen parents**ECA**

PROGRAM DESCRIPTION: Program of the North Clackamas School District, offering educational services for pregnant and parenting teens. Curriculum and class schedule is flexible, to accommodate parenting needs. On-site child care is available for children ages 6 weeks to 48 months. Transportation to and from school provided.

Parents Anonymous of Oregon (a program of Morrison Child and Family Services)

PROGRAM: Family Support and Child Abuse Prevention Program**PHONE:** 503-260 8510 or 503-258-4568**LOCATION:** 1500 NE Irving
Portland 97232**COUNTY:** M**TYPE OF SERVICE:** Parenting Support Groups**TYPE OF PARENT:** General populations, specializing in parents in recovery**PVT | GSC | DAA | ECA****PROGRAM DESCRIPTION:** Program provides stress / anger management support services.**DELIVERY MODEL:** Support Groups; Written Materials, Websites, Newsletters; Family Fun Activities**CURRICULA:** Parents Anonymous National Curriculum**COST:** Free

Parents, Families, and Friends of Lesbians and Gays (PFLAG): Portland

PHONE: 503-232-7676 Main phone**COUNTY:** M +**TYPE OF SERVICE:** Educational & Support Services**TYPE OF PARENT:** LGBTQ families**MCT**

PROGRAM DESCRIPTION: PFLAG promotes the health and well-being of lesbian, gay, bisexual and transgendered persons, and their families and friends through support, education and advocacy. PFLAG provides opportunities for dialogue about sexual orientation and gender identity and acts to create a society respectful of human diversity.

Parrott Creek Child and Family Services

PROGRAM: Parent Education**PHONE:** 503-722-4110 Main phone**LOCATION:** 1001 Molalla Ave Ste 209
Oregon City 97045**COUNTY:** C**TYPE OF SERVICE:** Home Visitation & Parent Education**TYPE OF PARENT:** High-risk families**GSC**

PROGRAM DESCRIPTION: Serves high-risk families to prevent out-of-home placement. The program includes parenting classes and home visitation to help build a safe and nurturing family atmosphere.

DELIVERY MODEL: Home Visitation & Classroom Setting

Pathfinders of Oregon (in partnership with Children's Justice Alliance)

PROGRAM: Center for Family Success**PHONE:** 503-892-5396**LOCATION:** 229 SE 181st Ave
Portland 97233**COUNTY:** M**TYPE OF SERVICE:** Family Engagement, Support Services & Community Outreach**TYPE OF PARENT:** Court involved families: parents, grandparents, and caregivers**GSC | ECA**

PROGRAM DESCRIPTION: Provides advocacy and case management focusing on positive family relationships, communication and conflict resolution techniques and referrals to social services.

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SDP = Single / Divorced Parent

DELIVERY MODEL: Workshops; Home Visitation; Support Groups; Information & Referrals; Written Materials, Websites, Newsletters; Family Fun Activities; Community Outreach

CURRICULA: Parenting Inside-Out (community version 48 in-class instruction); Healthy Relationships: Successful Families; Parenting Inside-Out prison version; Parenting Inside-Out jail version

COST: Free

Planned Parenthood Columbia-Willamette

PROGRAM: Planned Parenthood Education and Training Program

PHONE: 503-775-4931 Main phone

LOCATION: 3231 SE 50th Ave
Portland 97206

COUNTY: M W C +

TYPE OF SERVICE: Teen Health

TYPE OF PARENT: Parents of teenagers & general population

ECA | HHE

PROGRAM DESCRIPTION: Provides workshops and materials to parents, families, and teens on reproductive and sexual health-related topics. Workshops focus on improving parents' ability to be their children's primary source of sexuality education. They also provide professional training for staff, group leaders, health care providers and teachers on a variety of topics. The Teen Council Peer Education program works with local teens to train them to become health advocates for their peers.

Planned Parenthood: Beaverton

PROGRAM: Planned Parenthood Education and Training Program

PHONE: 503-775-4931 Main phone

LOCATION: 12220 SW First St., Suite 200
Beaverton 97005

COUNTY: W

TYPE OF SERVICE: Teen Health; Education and Medical Services; Information and Referral

TYPE OF PARENT: Parents of teenagers & general population

ECA | HHE

PROGRAM DESCRIPTION: Provides workshops and materials to parents, families, and teens on reproductive and sexual health-related topics. Workshops focus on improving parents' ability to be their children's primary source of sexuality education. They also provide professional training for staff, group leaders, health care providers and teachers on a variety of topics. The Teen Council Peer Education program works with local teens to train them to become health advocates for their peers. Individual clinics also offer low-cost reproductive health services and some types of cancer screenings to teenagers and the general population.

COST: Call for information.

Planned Parenthood: Clackamas

PROGRAM: Planned Parenthood Education and Training Program

PHONE: 503-775-4931 Main phone

LOCATION: 16068 SE 82nd Dr.
Clackamas 97015

COUNTY: C

TYPE OF SERVICE: Teen Health; Education and Medical Services; Information and Referral

TYPE OF PARENT: Parents of teenagers & general population

ECA | HHE

PROGRAM DESCRIPTION: Provides workshops and materials to parents, families, and teens on reproductive and sexual health-related topics. Workshops focus on improving parents' ability to be their children's primary source of sexuality education. They also provide professional training for staff, group leaders, health care providers and teachers on a variety of topics. The Teen Council Peer Education program works with local teens to train them to become health advocates for their peers. Individual clinics also offer low-cost reproductive health

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HHE = Health / Housing / Employment

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SDP = Single / Divorced Parent

services and some types of cancer screenings to teenagers and the general population.
COST: Call for information.

Planned Parenthood: Gresham Center

PROGRAM: Planned Parenthood Education and Training Program

PHONE: 888-875-7820

LOCATION: 501 NE Hood Ave Suite 100
 Gresham 97030

COUNTY: M

TYPE OF SERVICE: Teen Health; Education and Medical Services; Information and Referral

TYPE OF PARENT: Parents of teenagers & general population

ECA | HHE

PROGRAM DESCRIPTION: Provides workshops and materials to parents, families, and teens on reproductive and sexual health-related topics. Workshops focus on improving parents' ability to be their children's primary source of sexuality education. They also provide professional training for staff, group leaders, health care providers and teachers on a variety of topics. The Teen Council Peer Education program works with local teens to train them to become health advocates for their peers. Individual clinics also offer low-cost reproductive health services and some types of cancer screenings to teenagers and the general population.

COST: Call for information.

Planned Parenthood: Mt Hood Community College

PROGRAM: Planned Parenthood Education and Training Program

PHONE: 888-875-7820

LOCATION: 26000 SE Stark St
 Gresham 97030

COUNTY: M

TYPE OF SERVICE: Teen Health; Education and Medical Services; Information and Referral

TYPE OF PARENT: Parents of teenagers & general population

ECA | HHE

PROGRAM DESCRIPTION: Provides workshops and materials to parents, families, and teens on reproductive and sexual health-related topics. Workshops focus on improving parents' ability to be their children's primary source of sexuality education. They also provide professional training for staff, group leaders, health care providers and teachers on a variety of topics. The Teen Council Peer Education program works with local teens to train them to become health advocates for their peers. Individual clinics also offer low-cost reproductive health services and some types of cancer screenings to teenagers and the general population.

COST: Call for information.

Planned Parenthood: NE Portland

PROGRAM: Planned Parenthood Education and Training Program

PHONE: 888-875-7820

LOCATION: 3727 NE Martin Luther King Jr. Blvd
 Portland 97212

COUNTY: M

TYPE OF SERVICE: Teen Health; Education and Medical Services; Information and Referral

TYPE OF PARENT: Parents of teenagers & general population

ECA | HHE

PROGRAM DESCRIPTION: Provides workshops and materials to parents, families, and teens on reproductive and sexual health-related topics. Workshops focus on improving parents' ability to be their children's primary source of sexuality education. They also provide professional training for staff, group leaders, health care providers and teachers on a variety of topics. The Teen Council Peer Education program works with local teens to train them to become health advocates for their peers. Individual clinics also offer low-cost reproductive health

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		SDP = Single / Divorced Parent

services and some types of cancer screenings to teenagers and the general population.
COST: Call for information.

Planned Parenthood: SE Portland

PROGRAM: Planned Parenthood Education and Training Program

PHONE: 888-875-7820

LOCATION: 3231 SE 50th

Portland 97206

COUNTY: M

TYPE OF SERVICE: Teen Health; Education and Medical Services; Information and Referral

TYPE OF PARENT: Parents of teenagers & general population

ECA | HHE

PROGRAM DESCRIPTION: Provides workshops and materials to parents, families, and teens on reproductive and sexual health-related topics. Workshops focus on improving parents' ability to be their children's primary source of sexuality education. They also provide professional training for staff, group leaders, health care providers and teachers on a variety of topics. The Teen Council Peer Education program works with local teens to train them to become health advocates for their peers. Individual clinics also offer low-cost reproductive health services and some types of cancer screenings to teenagers and the general population.

COST: Call for information.

Playgroups USA

PROGRAM: Oregon and SW Washington Playgroups

PHONE: 503-550-3715

LOCATION: Various Locations

COUNTY: C M W

TYPE OF SERVICE: Referrals to Family Support Groups

TYPE OF PARENT: First-time and current parents with children 0-6 years

ECA

PROGRAM DESCRIPTION: Program focuses on school readiness, youth social networking skills, and social and leadership development opportunities for parents.

DELIVERY MODEL: Support Groups; Written Materials, Websites, Newsletters; Family Fun Activities

COST: Free

Playgroups USA

PHONE: 503-550-3715

LOCATION: 8887 SW 67th Place

Portland 97223

COUNTY: W C

TYPE OF SERVICE: Support Groups & Community Outreach

TYPE OF PARENT: General population

GSC

PROGRAM DESCRIPTION: Provides tools and information for parents to create their own parenting support groups.

DELIVERY MODEL: Classroom Setting; Support Groups; Family Fun Activities; Written Materials, Websites, Newsletters

Portland Education Service District – Multnomah County

PROGRAM: Early Intervention / Early Childhood Special Education

PHONE: 503-255-1841

LOCATION: 14030 NE Sacramento

Portland 97230

COUNTY: M

TYPE OF SERVICE: Support Services

TYPE OF PARENT: Parents of children with developmental delays

ECA | CSN

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PROGRAM DESCRIPTION: Multnomah Early Childhood Program provides Early Intervention (EI) and Early Childhood Special Education (ECSE) services to children ages 0-5 who have developmental delays or disabilities, including speech and language, motor, behavioral, socialization, learning, or vision and hearing delays.

supports, nourishes and empowers growing families who want to live sustainably and in community. Also offers a food co-op that accepts food stamps.

DELIVERY MODEL: Counseling; Written Materials, Websites, Newsletters; Family Fun Activities; Information & Referrals

Portland Green Parenting

PROGRAM: Support Group; Know Thy Food (Food Co-Op); Community Classroom Rental

PHONE: 503-206-5766

LOCATION: 3434 SE Milwaukie Ave
Portland 97202

COUNTY: M

TYPE OF SERVICE: Health & Nutrition

TYPE OF PARENT: Parents with children under 10 years with food sensitivities

ECA | HHE

PROGRAM DESCRIPTION: Sponsors workshops by guest speakers on birthing preparation, baby sleep, homeschooling information and attachment parenting as well as other topics. Contact for current topic list.

DELIVERY MODEL: Workshops; Support Groups

COST: Sliding scale donation request

Portland OIC

PROGRAM: Rosemary Anderson High School Teen Parent Program

PHONE: 503-797-7222 Main phone

LOCATION: 717 North Killingsworth Ct
Portland 97217

COUNTY: M

TYPE OF SERVICE: Education & Support Services

TYPE OF PARENT: Teen parents

ECA

PROGRAM DESCRIPTION: Teen Parent program provides general education for teen parents, a weekly child development class and intensive care management for teen parents. A mentoring program for teen mothers is provided by former teen mothers.

Portland Green Parenting

PHONE: 503-206-5766 Main phone

LOCATION: 3434 SE Milwaukie Ave
Portland 97202

COUNTY: W

TYPE OF SERVICE: Health & Nutrition, Family Relationship Building

TYPE OF PARENT: General population

ECA | HHE

PROGRAM DESCRIPTION: Provides health and nutrition education; fosters family relationships; and connects,

Portland Public Schools

PROGRAM: Alternative Education Options

PHONE: 503-916-3304 Public Information

LOCATION: 501 N Dixon St
Portland 97227

COUNTY: M +

TYPE OF SERVICE: Education & Support Services

TYPE OF PARENT: Focus on teenagers in a variety of circumstances

ECA

PROGRAM DESCRIPTION: Alternative education options are available for students whose academic and social needs are not currently being met effectively through traditional school settings. These programs include both public and community based programs.

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Portland Public Schools

PROGRAM: Head Start

PHONE: 503-916-3304 Public Information

LOCATION: 4800 NE 74th Ave
Portland 97218

COUNTY: M

TYPE OF SERVICE: Educational Involvement

TYPE OF PARENT: Parents of preschoolers & kindergarteners

ECA

PROGRAM DESCRIPTION: This program provides half-day and full-day educational, cultural and social development programs to children four years old on or before September 1 at eight sites in District 1. Breakfast and lunch are provided. Some sites provide family literacy classes and parent training classes.

Portland Public Schools

PROGRAM: Teen Parent Services

PHONE: 503-916-3304 Public Information

LOCATION: 4039 NE Alberta Ct
Portland 97211

COUNTY: M

TYPE OF SERVICE: Education & Support Services

TYPE OF PARENT: Teen parents

MCT | GSC

PROGRAM DESCRIPTION: Teen Parent Services is a Portland Public Schools district-wide program that provides support for young men and women who are pregnant or parenting. The program provides bilingual support to young fathers as well as to teen mothers; counseling and advocacy; school- and home-based instruction; parenting education; post high school planning; and child care.

Portland Public Schools Northside Family Support Center

PHONE: 503-916-5875

COUNTY: M

TYPE OF SERVICE: Educational Involvement

TYPE OF PARENT: Immigrant families with children within PPS

ECA | MCT

PROGRAM DESCRIPTION: Provides enrollment and assessment support for ELL families. Fosters parent involvement and provides referrals to social services. Translation services available.

DELIVERY MODEL: Workshops; Information & Referral; Family Fun Activities

COST: Free

Portland State University

PROGRAM: Community Counseling Clinic

PHONE: 503-725-3511 Main phone

LOCATION: 615 SW Harrison St
Portland 97201

COUNTY: M

TYPE OF SERVICE: Counseling & Support Services

TYPE OF PARENT: Low-income families

GSC

PROGRAM DESCRIPTION: This program provides low cost individual, couples, and family counseling to children, adolescents and adults. This program is a community service of Portland State University and is located on the campus. It operates on the academic calendar, so is closed during the summer months when school is not in session.

Pregnancy Resource Centers

PROGRAM: Parenting Classes and Prenatal Classes

PHONE: 503-643-4503

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LOCATION: 4975 SW Watson
Beaverton 97005

COUNTY: C M W

TYPE OF SERVICE: Birthing & Medical Services

TYPE OF PARENT: General population specializing in first-time mothers in a supportive relationship

MCT | HHE

PROGRAM DESCRIPTION: Provides support for expecting mothers through information and mentoring on body changes during pregnancy; prenatal care; exercise; environmental impacts on pregnancy; parenting goals; playtime safety; and post-partum expectations. Translation services available.

DELIVERY MODEL: Mentoring; Written Materials, Websites, Newsletters

CURRICULA: Prenatal Care; Nurturing Your Newborn: Developing Parenting Skills

COST: Free

Pregnancy Resource Centers

PROGRAM: Parenting Classes and Prenatal Classes

PHONE: 503-284-1977

LOCATION: 1626 NE 9th Ave
Portland 97232

COUNTY: C M W

TYPE OF SERVICE: Birthing & Medical Services

TYPE OF PARENT: General population specializing in first-time mothers in a supportive relationship

MCT | HHE

PROGRAM DESCRIPTION: Provides support for expecting mothers through information and mentoring on body changes during pregnancy; prenatal care; exercise; environmental impacts on pregnancy; parenting goals; playtime safety; and post-partum expectations. Translation services available.

DELIVERY MODEL: Mentoring; Written Materials, Websites, Newsletters

CURRICULA: Prenatal Care; Nurturing Your Newborn: Developing Parenting Skills

COST: Free

Pregnancy Resource Centers

PROGRAM: Parenting Classes and Prenatal Classes

PHONE: 503-666-6527

LOCATION: 104 NW 11th Ave
Gresham 97030

COUNTY: C M W

TYPE OF SERVICE: Birthing & Medical Services

TYPE OF PARENT: General population specializing in first-time mothers in a supportive relationship

MCT | HHE

PROGRAM DESCRIPTION: Provides support for expecting mothers through information and mentoring on body changes during pregnancy; prenatal care; exercise; environmental impacts on pregnancy; parenting goals; playtime safety; and post-partum expectations. Translation services available.

DELIVERY MODEL: Mentoring; Written Materials, Websites, Newsletters

CURRICULA: Prenatal Care; Nurturing Your Newborn: Developing Parenting Skills

COST: Free

Pregnancy Resource Centers

PROGRAM: Parenting Classes and Prenatal Classes

PHONE: 503-659-3336

LOCATION: 13053 SE 84th Ave
Clackamas 97015

COUNTY: C M W

TYPE OF SERVICE: Birthing & Medical Services

TYPE OF PARENT: General population specializing in first-time mothers in a supportive relationship

MCT | HHE

PROGRAM DESCRIPTION: Provides support for expecting mothers through information and mentoring on body changes during pregnancy; prenatal care; exercise; environmental impacts on pregnancy; parenting goals; playtime safety; and post-partum expectations. Translation services available.

DELIVERY MODEL: Mentoring; Written Materials, Websites, Newsletters

<p>C = Clackamas County M = Multnomah County W = Washington County + = Various Counties Outside M, W, C</p>	<p>AFF = Adoptive / Foster Families CSN = Children with Special Needs DAA = Drug and Alcohol Affected ECA = Education / Community Activities</p>	<p>GSC = General Parenting Support / Counseling HHE = Health / Housing / Employment MCT = Multicultural / Translation / ESL PVT = Prevention / Violence / Trauma SDP = Single / Divorced Parent</p>
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CURRICULA: Prenatal Care; Nurturing Your Newborn:
Developing Parenting Skills
COST: Free

Pregnancy Resource Centers

PROGRAM: Parenting Classes and Prenatal Classes

PHONE: 503-777-7097

LOCATION: 5117 SE Powell Blvd Suite 3
Portland 97206

COUNTY: C M W

TYPE OF SERVICE: Birthing & Medical Services

TYPE OF PARENT: General population specializing in first-time mothers in a supportive relationship

MCT | HHE

PROGRAM DESCRIPTION: Provides support for expecting mothers through information and mentoring on body changes during pregnancy; prenatal care; exercise; environmental impacts on pregnancy; parenting goals; playtime safety; and post-partum expectations. Translation services available.

DELIVERY MODEL: Mentoring; Written Materials, Websites, Newsletters

CURRICULA: Prenatal Care; Nurturing Your Newborn:
Developing Parenting Skills

COST: Free

Pregnancy Resource Centers of Greater

PROGRAM: Beaverton Center

PHONE: 503-256-0808 Main phone

LOCATION: 4975 SW Watson
Portland 97005

COUNTY: W

TYPE OF SERVICE: Medical, Counseling & Support Services

TYPE OF PARENT: First-time parents

HHE

PROGRAM DESCRIPTION: Provides free pregnancy testing and ultrasound, pro-life pregnancy counseling, abstinence

information, referral to legal aid, medical care, housing, adoption information, and referral and support groups. Assistance with maternity clothing, baby clothing, and baby furnishings when available.

Pregnancy Resource Centers of Greater

PROGRAM: Clackamas Center

PHONE: 503-256-0808 Main phone

LOCATION: 13053 SE 84th Ave
Portland 97015

COUNTY: C +

TYPE OF SERVICE: Medical, Counseling & Support Services

TYPE OF PARENT: First-time parents

HHE

PROGRAM DESCRIPTION: Provides free pregnancy tests and ultrasound, pro-life pregnancy counseling, abstinence information, referral to legal aid, medical care, housing, adoption information, and referral and support groups. Assistance with maternity clothing, baby clothing, and baby furnishings when available.

Pregnancy Resource Centers of Greater

PROGRAM: Gresham Center

PHONE: 503-256-0808 Main phone

LOCATION: 104 NW 11th Ave
Portland 97030

COUNTY: M W

TYPE OF SERVICE: Medical, Counseling & Support Services

TYPE OF PARENT: First-time parents

HHE

PROGRAM DESCRIPTION: Provides free pregnancy tests and ultrasound, pro-life pregnancy counseling, abstinence information, referral to legal aid, medical care, housing, adoption information, and referral and support groups. Assistance with maternity clothing, baby clothing, and baby furnishings when available.

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GSC = General Parenting Support / Counseling
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SDP = Single / Divorced Parent

Pregnancy Resource Centers of Greater

PROGRAM: Lloyd Center

PHONE: 503-256-0808 Main phone

LOCATION: 1626 NE 9th Ave
Portland 97232

COUNTY: M W C

TYPE OF SERVICE: Medical, Counseling & Support Services

TYPE OF PARENT: First-time parents

HHE

PROGRAM DESCRIPTION: Provides free pregnancy tests and ultrasound, pro-life pregnancy counseling, abstinence information, referral to legal aid, medical care, housing, adoption information, and referral and support groups. Assistance with maternity clothing, baby clothing, and baby furnishings when available.

Pregnancy Resource Centers of Greater

PROGRAM: SE Portland Center

PHONE: 503-256-0808 Main phone

LOCATION: 5117 SE Powell Blvd, Suite 3
Portland 97206

COUNTY: M W C

TYPE OF SERVICE: Medical, Counseling & Support Services

TYPE OF PARENT: First-time parents

HHE

PROGRAM DESCRIPTION: Free pregnancy tests and ultrasound. Pro-life pregnancy counseling, abstinence information, referral to legal aid, medical care, housing, adoption information, and referral and support groups. Assistance with maternity clothing, baby clothing, and baby furnishings when available.

Providence Child Center

PROGRAM: Jean Baton Swindells Resource Center for Children and Families

PHONE: 503-215-2400 Main phone

LOCATION: 830 NE 47th Ave
Portland 97213

COUNTY: M W C

TYPE OF SERVICE: Information Referral Service

TYPE OF PARENT: Parents of children with special needs

CSN

PROGRAM DESCRIPTION: The Swindells Center / Oregon Family Resource Center supports families in feeling competent to address the day to day issues related to having a child with disabilities. Connects families of children with disabilities and provides information and resources.

Providence Health and Services

PROGRAM: New Parent Classes

PHONE: 503-574-6595 Main phone

LOCATION: 4805 NE Glisan St
Portland 97213

COUNTY: M W C

TYPE OF SERVICE: Breastfeeding & Birthing Support Services

TYPE OF PARENT: Mothers

HHE

PROGRAM DESCRIPTION: Provides ongoing classes to breastfeeding moms, new parents and families of infants and new siblings.

Providence Health and Services

PROGRAM: New Parent Classes

PHONE: 503-574-6595 Main phone

LOCATION: 10150 SE 32nd Ave
Portland 97222

COUNTY: M W C +

TYPE OF SERVICE: Breastfeeding & Birthing Support Services

TYPE OF PARENT: Mothers

HHE

PROGRAM DESCRIPTION: Provides ongoing classes to breastfeeding moms, new parents and families of infants and new siblings.

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GSC = General Parenting Support / Counseling
HHE = Health / Housing / Employment
MCT = Multicultural / Translation / ESL
PVT = Prevention / Violence / Trauma
SDP = Single / Divorced Parent

Providence Health and Services

PROGRAM: New Parent Classes

PHONE: 503-574-6595 Main phone

LOCATION: 9205 SW Barnes Rd
Portland 97225

COUNTY: W

TYPE OF SERVICE: Breastfeeding & Birthing Support Services

TYPE OF PARENT: Mothers

HHE

PROGRAM DESCRIPTION: Provides ongoing classes to breastfeeding moms, new parents and families of infants and new siblings.

Providence Hood River Memorial Hospital

PHONE: 541-386-3911 Main phone

LOCATION: 811 13th St
Hood River 97031

COUNTY: M

TYPE OF SERVICE: Parent Education

TYPE OF PARENT: Parents of children 0-3 years

HHE | GSC

PROGRAM DESCRIPTION: Offers a series of group classes on childbirth, breastfeeding, and newborn parenting skills to parents of children ages 0-3. Topics include Child Development, Literacy, Basic Life Skills, Health and Nutrition, Positive Family Relations, Communication Skills, Child Care Information, Soothing Techniques for Infants, and Relationship Building for the Parents of Newborns.

Resolutions Northwest

PROGRAM: Family Mediation

PHONE: 503-595-4890 Main phone

LOCATION: 1827 NE 44th Ave Suite 300
Portland 97213

COUNTY: M

TYPE OF SERVICE: Counseling & Support Services

TYPE OF PARENT: Parents & families dealing with conflict
GSC

PROGRAM DESCRIPTION: Resolutions Northwest's Family Mediation Program works with families to move through difficult conversations and address conflict in meaningful and productive ways. Services address conflicts pertaining to youth and family; elder care; adult siblings; and couples. The program uses trained youth and family mediators who are coached and mentored by our staff of professional mediators.

Saint Child

PHONE: 503-648-4227

LOCATION: 2373 NW 185th Ave PMB 714
Hillsboro 97124

COUNTY: W M C

TYPE OF SERVICE: Housing and Support Services

TYPE OF PARENT: Pregnant women ages 16-24 and infants up to 6 months

HHE

PROGRAM DESCRIPTION: Saint Child (formerly known as The House of Ruth) meets the needs of unsupported pregnant young women, ages 14-24, who may stay through their pregnancy and up to 6 months after the birth of their baby. The facility provides stable, secure and nurturing residential care in a Christian home environment. Attendance is required at Christian church service and Bible study.

COST: Free

Salvation Army Cascade Division

PROGRAM: White Shield Center

PHONE: 503-239-1248

LOCATION: Not Available

COUNTY: +

TYPE OF SERVICE: Housing & Support Services; Gender Specific

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DAA = Drug and Alcohol Affected

ECA = Education / Community Activities

GSC = General Parenting Support / Counseling

HHE = Health / Housing / Employment

MCT = Multicultural / Translation / ESL

PVT = Prevention / Violence / Trauma

SDP = Single / Divorced Parent

TYPE OF PARENT: High-risk female adolescents 12-18 years

HHE

PROGRAM DESCRIPTION: A short-term secure shelter for up to 9 high-risk female adolescents between the ages of 12-18 who are in DHS custody. The program provides a safe and secure environment to foster stability, assess future needs and develop skills for success in future placements.

DELIVERY MODEL: Warm Lines; Written Materials, Websites, Newsletters; Lending Library; Information & Referrals

Salvation Army Cascade Division

PROGRAM: Parenting Program

PHONE: 503-239-1248

LOCATION: Not Available

COUNTY: M

TYPE OF SERVICE: Education & Support Services

TYPE OF PARENT: Teen parents

HHE

PROGRAM DESCRIPTION: A long term residential treatment program for 18 pregnant or parenting teens and their children. Clients are supported to develop life skills such as problem-solving techniques, academic or vocational training, and parenting skills.

Salvation Army Cascade Division

PROGRAM: Early Intervention Center

PHONE: 503-239-1248

LOCATION: Not Available

COUNTY: M

TYPE OF SERVICE: Child Care Services

TYPE OF PARENT: Teen parents

HHE

PROGRAM DESCRIPTION: A state-licensed day care for the children of the Parenting Program mothers.

Salvation Army Cascade Division

PROGRAM: West Women's Shelter

PHONE: 503-224-7718 Main phone

LOCATION: Not Available

COUNTY: M

TYPE OF SERVICE: Housing & Support Services; Female Gender Specific, with Males up to 18 Years

TYPE OF PARENT: Domestic violence surviving families

PVT

PROGRAM DESCRIPTION: Women over 18 years old who are victims of domestic violence, with or without children. Male children must be under 18 years old.

Sandy WIC Office

PHONE: 503-742-5300 Main phone

LOCATION: 38872 Proctor Blvd

Sandy 97055

COUNTY: C

TYPE OF SERVICE: Health & Nutrition

TYPE OF PARENT: Low-income parents

HHE

PROGRAM DESCRIPTION: WIC is a public health nutrition program designed to improve health outcomes and influence lifetime nutrition and health behaviors in a targeted, at-risk population. Nutrition education is the cornerstone of the WIC Program. Offers information and referral to other health programs like immunization and social service programs.

DELIVERY MODEL: Individual Counseling & Classroom Setting

Self-Enhancement, Inc

PROGRAM: Youth and Family Services

PHONE: 503-249-1721 Main phone

LOCATION: 3920 N Kerby Ave

Portland 97227

COUNTY: M

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CSN = Children with Special Needs

DAA = Drug and Alcohol Affected

ECA = Education / Community Activities

GSC = General Parenting Support / Counseling

HHE = Health / Housing / Employment

MCT = Multicultural / Translation / ESL

PVT = Prevention / Violence / Trauma

SDP = Single / Divorced Parent

TYPE OF SERVICE: Culturally Specific Services
TYPE OF PARENT: Families with multiple stressors
MCT | GSC
PROGRAM DESCRIPTION: Provides outreach services to families with at-risk children through counseling, case management, parenting classes, and referrals to outside resources.

Self-Enhancement, Inc

PROGRAM: SEI Community and Family Programs
PHONE: 503-249-1721 Main phone
LOCATION: 4134 N Vancouver Ave Suite 311
 Portland 97217
COUNTY: M
TYPE OF SERVICE: Culturally Specific Services
TYPE OF PARENT: Families with multiple stressors
MCT | GSC
PROGRAM DESCRIPTION: Provides culturally-specific services to African-Americans, including a domestic violence support group, parenting classes, a family enhancement group, and counseling. Advocates for children with families in the DHS system through case management, self-sufficiency planning, life skill development and transitional housing. Energy and rental assistance for all of Multnomah County.

Sherwood Family Resource Center: Sherwood School District

PROGRAM: Washington County New Parent Network
 Healthy Start
PHONE: 503-825-5000 District Office
LOCATION: 21970 SW Sherwood Blvd, Portable 46
 Sherwood 97140
COUNTY: W
TYPE OF SERVICE: Information & Referral Service
TYPE OF PARENT: General population
GSC

PROGRAM DESCRIPTION: The mission of Healthy Start (formerly New Parent Network) is to strengthen families through the education and support of first-time parents in providing the best possible environment for the healthy growth and development of their child.
COST: No cost for services and a request form is available online.

Small Beginnings Group, LLC

PROGRAM: Family Wellness Services
PHONE: 503-919-8901
LOCATION: 1015 NW 22nd Ave
 Portland 97210
COUNTY: M
TYPE OF PARENT: GSC | HHE
PROGRAM DESCRIPTION: Partners with general practioners on providing stress management techniques, breastfeeding, and infant massage.
DELIVERY MODEL: Home Visitation; Classroom Setting; Support Groups
CURRICULA: Solihul Approach; Positive Parenting
COST: Scholarships available for programs

Small Beginnings Group, LLC

PROGRAM: Family Wellness Services
PHONE: 503-919-8901
LOCATION: 24800 SE Stark St
 Gresham 97030
COUNTY: M W
TYPE OF SERVICE: Breastfeeding & Birthing Support Services
TYPE OF PARENT: Teen parents
GSC | HHE
PROGRAM DESCRIPTION: Partners with general practioners on providing stress management techniques, breastfeeding, and infant massage.

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DELIVERY MODEL: Home Visitation; Classroom Setting; Support Groups

CURRICULA: Solihul Approach; Positive Parenting

COST: Scholarships available for programs

Small Beginnings Group, LLC

PROGRAM: Family Wellness Services

PHONE: 503-919-8901

LOCATION: 19300 SW 65th Ave

Tualatin 97062

COUNTY: W M

TYPE OF SERVICE: Breastfeeding & Birthing Support Services

TYPE OF PARENT: Teen parents

GSC | HHE

PROGRAM DESCRIPTION: Partners with general practitioners on providing stress management techniques, breastfeeding, and infant massage.

DELIVERY MODEL: Home Visitation; Classroom Setting; Support Groups

CURRICULA: Solihul Approach; Positive Parenting

COST: Scholarships available for programs

Southwest Washington Medical Center

PROGRAM: Your Baby Your Way

PHONE: 360-256-2000 General Information

LOCATION: 505 NE 87th Ave, Suite 160

Vancouver 98664

COUNTY: M +

TYPE OF SERVICE: Education & Support Services

TYPE OF PARENT: First-time parents

GSC

PROGRAM DESCRIPTION: Classes, workshops and support groups for first-time parents and expectant mothers.

Stand-Up Parenting

PROGRAM: STAND UP PARENTING

PHONE: 503-228-5087 Main phone

LOCATION: 4921 SE 85th Ave

Portland 97266

COUNTY: M

TYPE OF SERVICE: Education & Support Services

TYPE OF PARENT: Parents of adolescent and adult children with behavioral needs

CSN

PROGRAM DESCRIPTION: This program provides a self-help group for parents whose adolescent or adult children display out-of-control or unacceptable behavior. One-week orientation followed by weekly support and action plans.

Sunnyside Counseling Center

PHONE: 503-257 7572

COUNTY: M

TYPE OF SERVICE: Counseling

TYPE OF PARENT: General population

GSC

PROGRAM DESCRIPTION: Specialized Therapy; contact for current services

DELIVERY MODEL: Counseling

COST: Contact for current rate

The Children's Course

PROGRAM: The First Tee

PHONE: 503-722-1530

LOCATION: 19825 River Rd

Gladstone 97027

COUNTY: C

TYPE OF SERVICE: Safety & Prevention

TYPE OF PARENT: Parents of children with special needs

ECA | CSN

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CSN = Children with Special Needs

DAA = Drug and Alcohol Affected

ECA = Education / Community Activities

GSC = General Parenting Support / Counseling

HHE = Health / Housing / Employment

MCT = Multicultural / Translation / ESL

PVT = Prevention / Violence / Trauma

SDP = Single / Divorced Parent

PROGRAM DESCRIPTION: Program supports positive family relationships with a focus on teaching children interpersonal skills, goal setting, having fun while learning something new, and how to live a healthy lifestyle.

DELIVERY MODEL: Support Groups; Family Fun Activities

CURRICULA: The First Tee Life Skills Curriculum

COST: Scholarships available for programs

The Children's Course

PROGRAM: The First Tee

PHONE: 503-722-1530

LOCATION: 19825 River Rd
Gladstone 97027

COUNTY: C

TYPE OF SERVICE: Education & Developmental Support Services

TYPE OF PARENT: Focus on children

ECA

PROGRAM DESCRIPTION: Program promotes positive family relationships by teaching children resistance, interpersonal skills, how to live a healthy lifestyle, tips for having fun when learning something new, and goal setting. Further promotes making healthy choices, giving back to the community; college readiness transition skills, and encourages lifelong learning.

DELIVERY MODEL: Classroom Setting; Support Groups; Family Fun Activities; Written Materials, Websites, Newsletters; Community Outreach

CURRICULA: Principles of Attachment Parenting International

The Children's Program

PROGRAM: Parenting Classes and Kids Classes

PHONE: 503-452-8002

LOCATION: 7707 SW Capitol Hwy
Portland 97219

COUNTY: M

TYPE OF SERVICE: Educational Involvement

TYPE OF PARENT: General population

ECA | CSN

PROGRAM DESCRIPTION: Program focuses on building a positive work environment and school success for emotionally reactive children by increasing their mindfulness and attention and minimizing homework stress.

DELIVERY MODEL: Support Groups; Counseling; Information & Referral; Written Materials, Websites, Newsletters

CURRICULA: School Success is for Parents and Kids Together; Improve your Marriage Improve your Parenting; Mindfulness Training for Middle-Schoolers and Their Parent

COST: Contact for current program rates

The Inn

PROGRAM: Avalon House

PHONE: 503-496-1160

LOCATION: 8050 SE Roots
Milwaukie 97267

COUNTY: C

TYPE OF SERVICE: Housing and Support Services

TYPE OF PARENT: Parents in recovery & homeless youth

HHE | DAA

PROGRAM DESCRIPTION: Provides transitional and permanent housing, adult education and employment services.

DELIVERY MODEL: Transitional & Permanent Housing for Low Income Families

CURRICULA: Healthy Start; Make Parenting a Pleasure

COST: Rent on a sliding scale for some locations

The Inn

PROGRAM: Madrona

PHONE: 503-496-1160

LOCATION: 15023 SE Laurie Ave
Milwaukie 97267

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MCT = Multicultural / Translation / ESL

PVT = Prevention / Violence / Trauma

SDP = Single / Divorced Parent

COUNTY: C

TYPE OF SERVICE: Housing and Support Services

TYPE OF PARENT: Parents in recovery & homeless youth

HHE | DAA

PROGRAM DESCRIPTION: Provides transitional and permanent housing, adult education and employment services.

DELIVERY MODEL: Transitional & Permanent Housing for Low Income Families

CURRICULA: Healthy Start; Make Parenting a Pleasure

COST: Rent on a sliding scale for some locations

The Inn

PROGRAM: Springwater

PHONE: 503-496-1160

LOCATION: 4772 SE Logus Rd

Milwaukie 97222

COUNTY: C

TYPE OF SERVICE: Housing and Support Services

TYPE OF PARENT: Parents in recovery & homeless youth

HHE | DAA

PROGRAM DESCRIPTION: Provides transitional and permanent housing, adult education and employment services.

DELIVERY MODEL: Transitional & Permanent Housing for Low Income Families

CURRICULA: Healthy Start; Make Parenting a Pleasure

COST: Rent on a sliding scale for some locations

The Moms Club International

PROGRAM: Moms Club of Gresham

PHONE: 503-666-2581 or 360-600-4305

LOCATION: 224 W Powell Blvd Gresham First Baptist Church

Gresham 97030

COUNTY: M

TYPE OF SERVICE: Mothers, Gender Specific

TYPE OF PARENT: General population

ECA

PROGRAM DESCRIPTION: A social group to diffuse the challenges of parenthood and share information on a variety of topics which are determined by the group. Contact for current topic list.

DELIVERY MODEL: Workshops; Support Groups; Family Fun Activities

COST: Yearly membership dues

Theresa J. Page LPC

PROGRAM: Children's Counseling Services

PHONE: 503-546-5188

LOCATION: 516 SE Morrison Suite 202

Portland 97214

COUNTY: M

TYPE OF SERVICE: Family Counseling

TYPE OF PARENT: General population

CSN | GSC

PROGRAM DESCRIPTION: Services include individual and family counseling; diagnosis and treatment of child's challenges; education on effects of family dynamics on children; and understanding children's (and parents') temperaments while teaching communication and conflict resolution skills.

DELIVERY MODEL: Counseling

CURRICULA: Play Therapy; Collaborative Problem Solving

COST: Contact for current consultation fee and applicable insurance

Tigard-Tualatin Family Resource Center

PHONE: 503-603-1585 Main phone - Agency phone

LOCATION: 9000 SW Durham Rd, Portable 716

Tigard 97224

COUNTY: W

TYPE OF SERVICE: Information Referral Center and some Support Services

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TYPE OF PARENT: Low-income parents

HHE | GSC | MCT

PROGRAM DESCRIPTION: Information and referral for medical and dental care, counseling, parenting classes, legal help, basic needs assistance and others. Volunteer-led English classes; small clothing closet; access to items for babies and children; volunteer opportunities; limited amount of baby diapers and formula; bus tickets; prescription assistance; and holiday sponsorship dependent upon funding.

DELIVERY MODEL: Education Classroom Setting and Direct Service Referral & Support

Tiny Talkers

PROGRAM: Tiny Talkers

PHONE: 503-754-8776

LOCATION: Various Locations

COUNTY: C M

TYPE OF SERVICE: Communication & Conflict Resolution

TYPE OF PARENT: Parents of children ages 0-3 years who experience speech delays

GSC

PROGRAM DESCRIPTION: Teaches baby sign language as a tool for problem solving and communication between parent and child.

DELIVERY MODEL: Workshops; Information & Referral

CURRICULA: Baby Sign-Language 101

COST: Scholarships available

Trillium Family Services

PROGRAM: Trillium Family Services, Parry Center Campus

PHONE: 503-234-9591 Administration

LOCATION: 3415 SE Powell Blvd
Portland 97202

COUNTY: M

TYPE OF SERVICE: Housing, Educational & Support Services

TYPE OF PARENT: Parents of children with advanced special needs

CSN

PROGRAM DESCRIPTION: Secure residential care is for children with more advanced cases of common mental health conditions, such as ADHD, bipolar disorder, severe depression, schizophrenia, and other conditions. These children receive 24-hour support that includes therapy and medication management. Direct staff is trained in de-escalation techniques to ensure a safe and nurturing environment. Family participation is strongly encouraged.

Tualatin: Washington County Cooperative Library Services

PHONE: 503-846-3222

LOCATION: 18878 SW Martinazzi Ave
Tualatin 97062

COUNTY: W

TYPE OF SERVICE: Literacy

TYPE OF PARENT: General population

ECA | MCT

PROGRAM DESCRIPTION: The library provides materials and services to help community residents of all ages and cultural backgrounds meet their informational, educational, professional, and recreational needs. This library's collection has a more extensive reference section and provides curriculum support through the first two years of college.

Tuality Community Hospital Tuality Healthcare

PROGRAM: Tuality Community Hospital Birth Center

PHONE: 503-681-1662 - Community Relations

LOCATION: 335 SE Eighth Ave
Hillsboro 97123

COUNTY: W

TYPE OF SERVICE: Birthing Support Services

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TYPE OF PARENT: General population

HHE

PROGRAM DESCRIPTION: The Birth Center at Tuality Community Hospital offers a setting for mothers and their families to remain from amittance, through labor, birth, and recovery, until they return home."

DELIVERY MODEL: Direct Service

Tuality Health and Education Center

PROGRAM: Tuality Community Hospital Birth Center

PHONE: 503-681-1662

LOCATION: 334 SE 8th Ave

Hillsboro 97123

COUNTY: W

TYPE OF SERVICE: Birthing Support Services

TYPE OF PARENT: General population

HHE | GSC

PROGRAM DESCRIPTION: Fosters child development and family relationships (attachment building, positive parent-child interaction, constructive discipline, etc.). Works to improve literacy, as well as health and nutrition. Provides breastfeeding support and information on "safe sleep."

DELIVERY MODEL: Workshops, parent support groups, lending library and written materials and newsletters.

Tuality Health and Education Center

PROGRAM: New Parents Monday; Breastfeeding Support Group; Movers and Shakers

PHONE: 503-681-1700

LOCATION: 334 SE 8th Ave

Hillsboro 97123

COUNTY: W

TYPE OF SERVICE: Birthing, Health & Nutrition

TYPE OF PARENT: Parents with children under 2

MCT | HHE

PROGRAM DESCRIPTION: Program promotes breastfeeding and safe sleep through workshops, support

groups, and outside facilitators as well as information and referrals to social services. Translation services available.

DELIVERY MODEL: Workshops; Support Groups; Lending Library; Written Materials, Websites, Newsletters; Community Outreach

COST: Free

Tualatin Public Library

PROGRAM: Story Time

PHONE: 503-691-3083

LOCATION: 18878 SW Martinazzi Ave

Tualatin 97062

COUNTY: W

TYPE OF SERVICE: Child Literacy

TYPE OF PARENT: Parents with children ages 0-9 years; but have programs for up to 12 years

ECA

PROGRAM DESCRIPTION: Promotes literacy and family fun activities.

DELIVERY MODEL: Support Groups; Lending Library; Family Fun Activities

CURRICULA: General Story-Time Best Practices

COST: Free

United Way of the Columbia-Willamette

PROGRAM: Born Learning

PHONE: 503-226-9543

LOCATION: 619 SW 11th Ave #300

Portland 97205

COUNTY: M W

TYPE OF SERVICE: Family Engagement & Community Outreach

TYPE OF PARENT: Parents with children 0-6, specializing in low-income families

ECA

PROGRAM DESCRIPTION: Promotes positive family relationships through family fun activities.

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		SDP = Single / Divorced Parent

DELIVERY MODEL: Written Materials, Websites, Newsletters; Family Fun Activities
COST: Free

Virginia Garcia Cornelius Health Center

PROGRAM: Padres Con Iniciativa
PHONE: 503-352-8610
LOCATION: 85 N 12th Ave
 Cornelius 97113
COUNTY: W

TYPE OF SERVICE: Culturally Specific Services
TYPE OF PARENT: Pregnant women and parents with children ages 0-14 years old

MCT

PROGRAM DESCRIPTION: Parenting program for Latino families with children ages 0-14 years old as well as those becoming parents. Classes every Tuesday and Thursday from 11am-1pm.

DELIVERY MODEL: Educational Classroom Setting; Case Management; Home Visitation

Volunteers of America

PROGRAM: Fit for Recovery
PHONE: 503-988-3460
LOCATION: Not Available
COUNTY: M

TYPE OF SERVICE: Information & Referral Service
TYPE OF PARENT: Parents in Recovery

DAA

PROGRAM DESCRIPTION: Program focuses on offering support to parents who are involved in DHS and need Drug and Alcohol treatment.

DELIVERY MODEL: Home Visitation; Information & Referral

COST: Free

Volunteers of America

PROGRAM: Family Relief Nursery
PHONE: 503-236-8492
LOCATION: 234 SE 7th Ave
 Portland 97214
COUNTY: M

TYPE OF SERVICE: Parent Education & Support Services
TYPE OF PARENT: Parents with children 6 weeks to 5 years

MCT | GSC | ECA

PROGRAM DESCRIPTION: Provides therapeutic classrooms based upon family and child goals in order to promote positive family relationships through stress / anger management, child care information, and referrals to social services. Translation services available.

DELIVERY MODEL: Home Visitation; Support Groups; Lending Library; Written Materials, Websites, Newsletters; Respite Care; Family Fun Activities

CURRICULA: Make Parenting a Pleasure

COST: Free

Volunteers of America Oregon Inc

PROGRAM: Family Relief Nursery
PHONE: 503-235-8655 Main phone
LOCATION: 234 SE 7th Ave
 Portland 97214
COUNTY: M W C +

TYPE OF SERVICE: Housing & Crisis Support
TYPE OF PARENT: Domestic violence & sexual assault survivors

PVT

PROGRAM DESCRIPTION: This is a prevention / intervention program designed to strengthen fragile families at serious risk of abusing or neglecting their children or permanently losing custody of their children. Services provided are therapeutic preschool respite care, intense parent training, home visits, and additional family support services.

C = Clackamas County	AFF = Adoptive / Foster Families	GSC = General Parenting Support / Counseling
M = Multnomah County	CSN = Children with Special Needs	HHE = Health / Housing / Employment
W = Washington County	DAA = Drug and Alcohol Affected	MCT = Multicultural / Translation / ESL
+ = Various Counties Outside M, W, C	ECA = Education / Community Activities	PVT = Prevention / Violence / Trauma
		SDP = Single / Divorced Parent

Volunteers of America Oregon Inc

PROGRAM: Home Free

PHONE: 503-235-8655 Main phone

LOCATION: 3910 SE Stark St
Portland 97214

COUNTY: M W C +

TYPE OF SERVICE: Housing & Crisis Support

TYPE OF PARENT: Domestic violence & sexual assault survivors

MCT | PVT

PROGRAM DESCRIPTION: Home Free is a domestic and sexual violence intervention program. Services include emergency services, children's services, and transitional services. Support groups for adult domestic violence survivors are offered in Spanish and English. Also offers support groups for children ages four through teens.

Washington County Cooperative Library Services

PROGRAM: Beaverton Family Resource Center

PHONE: 503-591-8000

LOCATION: 16550 SW Merlo Rd, Portable #1
Beaverton 97006

COUNTY: W

TYPE OF SERVICE: Information Referral Center

TYPE OF PARENT: General population

GSC

PROGRAM DESCRIPTION: The Beaverton Family Resource Center provides assistance to children and families living in or attending a Beaverton School District location, and serves as an access point for information about community services.

Washington County Cooperative Library Services

PROGRAM: Sherwood Family Resource Center

PHONE: 503-846-3222

LOCATION: 12375 SW Fifth St
Beaverton 97005

COUNTY: W

TYPE OF SERVICE: Literacy

TYPE OF PARENT: General population

GSC

PROGRAM DESCRIPTION: The Sherwood Family Resource Center (SHARE) provides information, resources and support for families in Sherwood, Oregon.

DELIVERY MODEL: Home Visitation, Educational Classroom Setting, Support Groups & Case Management

Washington County Cooperative Library Services

PROGRAM: Wash-Co Commission on Children and Families

PHONE: 503-846-4402 Main phone

LOCATION: 155 N First Ave

COUNTY: W

TYPE OF SERVICE: Educational Involvement

TYPE OF PARENT: First-time parents

GSC

PROGRAM DESCRIPTION: The Commission on Children and Families maintains a quarterly list of the parenting classes available throughout Washington County on their website. They also provide a list of Summer Food sites during the summer season.

DELIVERY MODEL: List Serve

Washington County Health and Human Services

PROGRAM: Head Start of Washington County

PHONE: 503-846-4402 Main phone

LOCATION: 155 N First Ave, Suite 250
Hillsboro 97124

COUNTY: W

TYPE OF SERVICE: Information Referral Listing

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GSC = General Parenting Support / Counseling
HHE = Health / Housing / Employment
MCT = Multicultural / Translation / ESL
PVT = Prevention / Violence / Trauma
SDP = Single / Divorced Parent

TYPE OF PARENT: General population

ECA

PROGRAM DESCRIPTION: Head Start provides age appropriate activities and child care for children from birth to five years of age. Services are available for a variety of family schedules. Head Start is available in locations throughout Washington County. Families should call for prescreening and information.

DELIVERY MODEL: Classroom Setting

Western Psychological and Counseling Services

PHONE: 503-233-5405 Main phone

LOCATION: PO Box 82819
Portland 97282

COUNTY: M W C

TYPE OF SERVICE: Medical & Counseling Services

TYPE OF PARENT: General population

DAA | GSC

PROGRAM DESCRIPTION: Private, for-profit outpatient therapy focusing on family and marriage, anxiety disorders, chemical dependency, eating disorders, gambling, grief, OCD, and other mental health and addiction issues; offers psychological evaluations and medication monitoring services.

Wilsonville Public Library

PROGRAM: Weekly Story Times

PHONE: 503-682-1011 Main phone

LOCATION: 8200 SW Wilsonville Rd
Wilsonville 97070

COUNTY: C

TYPE OF SERVICE: Literacy

TYPE OF PARENT: Parents & caregivers of children ages 0-6 years

ECA

PROGRAM DESCRIPTION: Weekly story times for children and their parents and caretakers.

Wilsonville Public Library: Coffee Creek

PROGRAM: Wilsonville Library Parenting Program and Coffee Creek

PHONE: 503-682-1011 Main phone

LOCATION: 24499 SW Grahams Ferry Rd
Wilsonville 97070

COUNTY: C

TYPE OF SERVICE: Literacy

TYPE OF PARENT: Parents & caregivers of children ages 0-6 years

ECA

PROGRAM DESCRIPTION: Parent education program for Early Head Start parents (during visitation hours); includes informational presentations, training in storytelling, & reading to children.

Wraparound Oregon: Early Childhood

PROGRAM: Wraparound Oregon: Early Childhood

PHONE: 503-267-6208

LOCATION: 11611 NE Ainsworth Circle
Portland 97220

COUNTY: M

TYPE OF SERVICE: Family Engagement & Support Group Services

TYPE OF PARENT: Parents involved with child welfare whose children ages 0-8 have special needs

CSN | MCT | GSC

PROGRAM DESCRIPTION: Supports positive family relationships through communication and conflict resolution techniques and child care information, and by managing children's mental illness through parent-peer guidance and facilitator. Translation services available.

DELIVERY MODEL: Home Visitation; Written Materials, Websites, Newsletters; Community Outreach

COST: Free

<p>C = Clackamas County M = Multnomah County W = Washington County + = Various Counties Outside M, W, C</p>	<p>AFF = Adoptive / Foster Families CSN = Children with Special Needs DAA = Drug and Alcohol Affected ECA = Education / Community Activities</p>	<p>GSC = General Parenting Support / Counseling HHE = Health / Housing / Employment MCT = Multicultural / Translation / ESL PVT = Prevention / Violence / Trauma SDP = Single / Divorced Parent</p>
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YMCA of Columbia Willamette

PROGRAM: YMCA Child Care and Child Development Centers

PHONE: 503-223-9622 Main phone

LOCATION: 9500 SW Barbur Blvd, Suite 200
Portland 97219

COUNTY: M

TYPE OF SERVICE: Parent Education & Support Services

TYPE OF PARENT: Parents of children 6 weeks to 5 years
ECA

PROGRAM DESCRIPTION: YMCA Child Care and Development provides early child development information for children ages 6 weeks to 5 years. YMCA Child Care also provides year-round before and after school child care for children ages 6 weeks to 12 years.

YMCA of Columbia-Willamette

PROGRAM: Early Childcare Programs in Partnership with the Morrison Foundation

PHONE: 503-223-9622

LOCATION: 3740 SE 79th Ave St. Anthony Child Development Center
Portland 97206

COUNTY: C

TYPE OF SERVICE: Family Engagement & Support Services

TYPE OF PARENT: Parents with children 0-9 years

CSN | GSC

PROGRAM DESCRIPTION: Promotes positive family relationships through communication and conflict resolution techniques, child care information, support to families with children with special needs, and referrals to social services.

DELIVERY MODEL: Workshops; Information & Referrals; Lending Library; Written Materials, Websites, Newsletters; Family Fun Activities

CURRICULA: The Incredible Years

COST: Free

YMCA of Columbia-Willamette

PROGRAM: Early Childcare Programs in Partnership with the Morrison Foundation

PHONE: 503-223-9622

LOCATION: 6036 SE Foster SE YMCA Child Development Center
Portland 97206

COUNTY: C

TYPE OF SERVICE: Family Engagement & Support Services

TYPE OF PARENT: Parents with children 0-9 years

CSN | GSC

PROGRAM DESCRIPTION: Promotes positive family relationships through communication and conflict resolution techniques, child care information, support to families with children with special needs, and referrals to social services.

DELIVERY MODEL: Workshops; Information & Referrals; Lending Library; Written Materials, Websites, Newsletters; Family Fun Activities

CURRICULA: The Incredible Years

COST: Free

Youth Contact

PROGRAM: Hillsboro Family Resource Center

PHONE: 503-844-1688 or 503-844-1689

LOCATION: 451 SE Walnut St
Hillsboro 97123

COUNTY: W

TYPE OF SERVICE: Health & Nutrition

TYPE OF PARENT: Low income & migrant families

MCT | HHE

PROGRAM DESCRIPTION: Provides material support such as food, clothing, diapers, and hygiene products. Registers families for OHP and other health care support services, and provides referrals to additional resources. Translation services available.

DELIVERY MODEL: Workshops; Information & Referral

CURRICULA: Incredible Years

COST: Cost for Community Food Basket Membership

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DAA = Drug and Alcohol Affected

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GSC = General Parenting Support / Counseling

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MCT = Multicultural / Translation / ESL

PVT = Prevention / Violence / Trauma

SDP = Single / Divorced Parent

Youth Contact, Inc

PROGRAM: Kids Turn Youth Contact

PHONE: 503-640-4222

LOCATION: 447 SE Baseline St
Hillsboro 97123

COUNTY: W

TYPE OF SERVICE: Support & Educational Services

TYPE OF PARENT: Parents in divorce and custody process
SDP

PROGRAM DESCRIPTION: Provides support and educational services for families experiencing divorce and / or custody modification. This is the designated "divorce transition" program for Washington County residents as required by Oregon statute.

DELIVERY MODEL: Direct Service

Youth Contact's Hillsboro Family Resource Center

PROGRAM: Hillsboro Family Resource Center

PHONE: 503-640-4222 Agency phone

LOCATION: 451 SE Walnut St
Hillsboro 97123

COUNTY: W

TYPE OF SERVICE: Support & Referral Services

TYPE OF PARENT: Low-income parents

HHE

PROGRAM DESCRIPTION: The Hillsboro Family Resource Center provides emergency food boxes, clothing, personal hygiene products, parenting classes, nutrition classes, diapers, and information and referral, all free of charge. An appointment is necessary for the dental van that visits once each month.

DELIVERY MODEL: Direct Service

COST: Free

Youth Employment Institute

PROGRAM: Teen Parent Program

PHONE: 503-280-1058

LOCATION: 1704 NE 26th Ave
Portland 97212

COUNTY: M

TYPE OF SERVICE: Employment & Support Services

TYPE OF PARENT: Teen parents

ECA | GSC

PROGRAM DESCRIPTION: Provides information about positive family relationships, information about and referrals to social services, and opportunities for faith-based and spiritual activities.

DELIVERY MODEL: Support Groups

CURRICULA: Make Parenting a Pleasure; Strengthening Families

COST: Free

Youth Employment Institute

PHONE: 503-280-1058 Main phone

LOCATION: 1704 NE 26th Ave
Portland 97212

COUNTY: M W C +

TYPE OF SERVICE: Educational & Support Services

TYPE OF PARENT: Focus on youth ages 11-23

ECA | HHE

PROGRAM DESCRIPTION: This agency provides opportunities for youth (11-23 years old) to meet their educational and career goals through self-sufficiency programs including summer employment, on-site childcare, and financial incentives.

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