

CULTURALLY RESPONSIVE RESOURCES FOR FAMILIES

Compiled for HOLLA School by a.c.ramírez de arellano

Last updated August 2023

Asistencia - en español

Central City Concern Puentes Program

Asistencia Eléctrica, Energy Assistance through **Pacific Power**:

www.pacificpower.net/my-account/payments/bill-payment-assistance.html or dial **1-800-672-2403**

Familias en Acción La misión de Familias es fortalecer la salud y el bienestar de las familias y comunidades latinas en Oregon www.familiasenaccion.org/about-us/

Latino Network www.latnet.org

Conexiones (Western Psychological & Counseling Services)

<https://www.westernpsych.com/services/western-conexiones> 503-327-8205 - Bilingual Spanish-English providers who offer multicultural counseling and trauma healing services.

Bienestar de la familia <https://www.multco.us/dchs/bienestar-de-la-familia> 503-988-6079 - Bicultural and bilingual staff. Mental health and addiction services, and case management.

El Programa Hispano - Proyecto UNICA <https://www.elprograma.org/unica> 503-232-4448 o 1-888-232-4448 - Línea de Crisis 24 horas.

Latinx/Spanish Speaking Central City Concern Puentes Program

<https://centralcityconcern.org/recovery-location/puentes/> Alcohol/drug treatment, mental health.

Esperanza program offers youth outpatient treatment for the Latinx youth.

Casa de Esperanza <https://casadeesperanza.org> 651-772-1611 - 24/7 bilingual domestic violence helpline.

Latinx/Spanish Speaking <https://centralcityconcern.org/recovery-location/puentes/> Alcohol/drug treatment, mental health. Esperanza program offers youth outpatient treatment for the Latinx youth.

SAMHSA's National Helpline <https://www.samhsa.gov/find-help/national-helpline> 1-800-662-HELP (4357) - For individuals and family members facing mental and/or substance use disorder. Confidential, free, 24/7 support in English and Spanish.

Human Solutions Now Our Just Future <https://humansolutions.org/new-name/>

Culturally Responsive to our Black Community

Finances: The Oregon Cares Fund Description: The Oregon Cares Fund provides cash grants to Black individuals, Black-owned businesses, and Black-led nonprofit organizations who have experienced financial adversity due to COVID-19. The Oregon Cares Fund is designed and led by Black leaders for the Black community. All grants must be awarded before December 30, 2020 so finish your application today! Application: <https://thecontingent.org/oregon-cares/application/>

HOLLA Mentors: **hollamentors.org** Mentorship for youth of color.

Central City Concern Imani Center <https://centralcityconcern.org/recovery-location/imani-center/>
503-226-4060 - Culturally-specific and responsive Afrocentric approaches to mental health and addictions treatment, peer support and case management.

OHSU Avel Gordly Center for Healing, Portland
<https://www.ohsu.edu/brain-institute/ohsu-avel-gordly-center-healing-portland> 503-418-5311 - Culturally sensitive care for the African and African-American community.

Crisis Line for Racial Equity Support <https://www.linesforlife.org/racial-eq> Substance abuse and addiction treatment services. Miracles Club <https://themiraclesclub.org/en/> 503-249-8559, Julia@miraclesclub.org Culturally-specific African American recovery center with recovery mentors and recovery activities

unity-support-line/ 503-575-3764 - Monday to Friday from 9:00 am to 5:00 pm. A service line dedicated to and staffed by Black, Indigenous, and People of Color (BIPOC). All callers will get help from a counselor with lived experience of racism and will provide support based on what seems most beneficial to you.

IRCO Africa House <https://irco.org/who-we-are/africa-house.html> 503-802-0082, email djimetd@irco.org

Black Girls Rising **blackgirlrising.net**

Food Resources **www.equitablegivingcircle.org/**

Urban League: Advocacy, Civic engagement, community health, housing assistance, senior services, workforce development. **ulpdx.org/**

Black Parent Initiative Organization Portland **www.thebpi.org**

Human Solutions Now Our Just Future <https://humansolutions.org/new-name/>

Barbies Village: child care, emergency housing for Mama's who are pregnant or have children, food, clothing, cultural supports. info@nativewellness.com

Serves Everyone and Culturally Responsive to our Native Community

NAYA Family Center for Native families at nayapdx.org/ and NAYA Family Center Healing Circle <https://nayapdx.org/services/critical-services/domestic-violence-healing-circle/> 503-288-8177 x 219

StrongHearts Native Helpline <https://www.strongheartshelpline.org/> 1-844-762-8483 - Domestic violence and dating violence helpline.

NARA: Clinic for American Indians, Alaska Natives. [naranorthwest.org/resources-2/](https://www.naranorthwest.org/resources-2/) Native American Native American Rehabilitation Association NW <https://www.naranorthwest.org/> 503-224-1044, info@naranorthwest.org Culturally appropriate physical and mental health services and substance abuse treatment.

Grand Ronde Behavioral Health <https://www.grandronde.org/services/health-wellness/behavioral-health/> 800-422-0232 or 503-879-5211, portland@grandronde.org Outpatient mental health and alcohol and drug assessment and treatment program for Grand Ronde tribal members.

503-288-8177 ext 219 Confederated Tribes of Siletz Indians <http://www.ctsi.nsn.us/> 503-238-1512 - Substance use disorder treatment for tribally enrolled individuals.

Food Resources www.equitablegivingcircle.org/

Human Solutions Now Our Just Future <https://humansolutions.org/new-name/>

General Resources For All Communities

Central City Concern www.centralcityconcern.org Housing, Health, Recovery, Jobs.

Portland Parks Access Pass 90% off at portland.gov/parks/discount Food, Cash, Childcare assistance: oregon.gov/dhs/ASSISTANCE/Pages/index.aspx

Free Food Pantry, Thursdays 10-2pm, 4212 NE Prescott St., Portland

Sunshine Division (not for families with lactose intolerance as most of the food box is milk products)

N Thompson Location: 687 N. Thompson Street, Portland, OR 97227 503-823-2102 Register at:

<https://sunshinedivision.org/get-help/> Home delivery & personal pick up options. Register at:

<https://sunshinedivision.org/get-help/> Website: <https://sunshinedivision.org/>

NE Emergency Food Program Location: Luther Memorial Lutheran Church: 4800 NE 72nd Ave., Portland, OR 97218 (accessible by Trimet bus lines 71 and 72) Hours: 1 to 3 p.m., Thursday and Saturday Phone: 503-284-5470 Email: nefp@emoregon.org Website: <https://emoregon.org/nefp/>

Portland Adventists Community Services (PACS) Mobile Food Pantry Location: 13115 SE Foster Rd Portland, OR 97236 Day: 1 Tuesday of every Month Time: 4:00-5:30 PM

PACS Drive Thru Food Pantry Location: 11020 NE Halsey St, Portland 97220 Days: Monday – Friday Time: 9:00 am – 11:00 am Phone: 503-252-8500 Website: <http://www.pacsonline.org/>

Crossroads Church Food Bank Location: 2407 NE 102 Ave. Portland, OR 97220 Day: Tuesdays Hours: 11:30 AM-1:00 PM Phone: 503-284-5470 Website: <https://www.crossroadsportland.com/crossroads-food-bank>

Highland Christian Center Food Pantry Location: 7600 NE Glisan St. Portland, OR 97213 Day: Friday Hours: 10:00 AM-12:00 PM Phone: 503-287-9567 Website: <https://www.hcclive.com/food-bank/>

Ascension Catholic Church **Drive Thru Food Box**, Location: 743 SE 76th Ave. Portland, OR 97215 Parking Lot Day: Monday Time: 10:00 AM-12:00 PM

St. Vincent de Paul Food Box Pick Up Location: 743 SE 76th Ave. Portland, OR 97215 (Entrance on 76th look for sign) Days: Wednesday (5:00-6:30PM) or Thursdays (2:00-3:30PM)

Lift Urban Portland Address: 2701 NW Vaughn St #102 Portland, OR 97210 Phone: (503) 221-1224 Description: A free Christmas dinner is served. The charity may also pass out hygiene items too, such as lotions, soap, coats, boots and more.

Snow Cap Food and Clothing for the Family; Community Garden & Clothing Closet Address: 17805 SE Stark Phone: (503) 674-8785 Hours: 10:00-2:00 every day / 6:00-8:00 Monday and Wednesday

Helping Hands Community Outreach Free groceries, socks, and kids shoes. Special guest appearance from former NBA players Fred Jones and Luke Ridnour. No ID required, first come first serve. Day: Saturday, December 5 Address: East Hill Church 701 N Main Ave, Gresham, OR 97030 Phone: (503) 674-8785 Time: 10:00-12:30

Healthcare: **Oregon One Healthcare** Website: <https://one.oregon.gov/>

Portland Water Bureau: Financial Assistance Description: We offer financial assistance in the form of bill discounts for sewer and water charges, crisis vouchers, payment arrangements, fixture repair services, and the Utility Safety Net program. Website:

<https://www.portland.gov/water/water-financial-assistance/apply-financial-assistance> Email:

PWBCustomerService@portlandoregon.gov Phone: 503-823-7770

Comcast Internet Essentials Description: get affordable high-speed Internet at home with Internet Essentials from Comcast Website: <https://internetessentials.com/apply>

Utilities, Housing & more resources: Call 211 or go to website <http://211.org/>

Alder Free Virtual Preschool: Ready, Set, Go! Description: Ready, Set, Go! is a virtual, no-cost, high-quality early learning program bringing together children ages 3-5 and their caregivers. The Program includes: zoom classes, personal monthly check-ins, monthly materials distribution, connection to resources, educational videos, group facebook page, connection with local libraries, and parenting groups Time: Wednesday 11:00AM and Thursday 2:00PM Contact: Brianna Nunez-Webb; briannan@mfs.email; 503-317-1501 Website: metfamily.org/readyssetgo

Bradley Angle Healing Roots Program <https://bradleyangle.org/get-help/programs/healing-roots/> 503-235-5333, email kenyab@bradleyangle.org

Russian Oregon Social Services <https://emoregon.org/ross/ross-dv/> 503- 777-3437, email ross@emoregon.org

South AsianIRCO Asian Family Center <https://irco.org/who-we-are/asian-family-center.html> 503-235-9396, email coiv@irco.org

Women's Empowerment & Resources Alliance (SAWERA) <https://www.facebook.com/SAWERAPDX/> 503-778-7386, email sawera@sawera.org

IRCO <https://irco.org/> 503-234-1541 - Refugee and Immigrant Family Strengthening Program.

Volunteers of America Family Center <https://www.voar.org/find-services/family-treatment-and-recovery/> 503-972-9637 - Family Recovery Support Program.

Project DART <http://www.projectdartpdx.org/> 503-988-6481 - Disability Awareness Resource Team

National Domestic Violence Hotline Deaf Services
<https://www.thehotline.org/get-help/domestic-violence-deaf-services/> 1-800-787-3224(TTY) or 1-855-812-1001 (video phone), email nationaldeafhotline@adwas.org

Catholic Charities of Oregon
<https://www.catholiccharitiesoregon.org/services/intercultural-counseling-center/> 503-238-5196 - Offers services in English, Spanish, and Arabic.

Lifeworks Northwest <https://www.lifeworksnw.org/addiction-services/> 503-645-9010 or 888-645-1666 (toll-free), intake@lifeworksnw.org

SAMHSA's National Helpline <https://www.samhsa.gov/find-help/national-helpline> 1-800-662-HELP (4357) - For individuals and family members facing mental and/or substance use disorder. Confidential, free, 24/7 support in English and Spanish.

Asian and Pacific Islander Asian Health and Service Center <https://www.ahscpdx.org/mentalhealth.html> 503-872-8822 ext 200 - Mental health clinic in Portland. Service in Cantonese, English, Korean, Mandarin or Taiwanese.

OHSU Intercultural Psychiatric Program
<https://www.ohsu.edu/brain-institute/psychiatric-department-clinics-and-divisions> 503-494-4222 - Culturally sensitive mental health services to immigrant and refugee communities, Torture Treatment Center of Oregon.

Lutheran Community Services NW