



# Columbia County Resource Guide

15th Edition

Updated August 2014

Community Action Team

*"Building Bridges to Self Sufficiency"*





This reference book has been prepared to better acquaint Columbia County residents with available resources and services. We have redesigned this edition to be more user friendly and provide more information. We hope you find this useful and convenient.

Community Action Team's programs include:

Energy Services  
Housing Solutions  
Affordable Housing & Community Development  
Housing Rehabilitation & Weatherization  
Self-Help Housing  
Senior Services  
Veterans Services  
Healthy Families  
Head Start  
Parenting Education & Support Services

We would like to thank Columbia River PUD, ORPET, Cascade and CareOregon for their assistance in printing this guide. We would also like to thank ALL the agencies and groups listed in this directory for their partnership in helping the citizens of Columbia County. You make a difference in people's lives.

Please feel free to call our office at 503.397.3511 or access our web site at [www.cat-team.org](http://www.cat-team.org) for additional information.

Rita Bernhard, Board Chair  
Jim Tierney, Executive Director  
Darlene Smith, Information & Referral  
Misty Amonson, Information & Referral  
Stella VanHook, Information & Referral

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*Please note that this guide is only intended to make readers aware of some of the resources available. We are not endorsing any specific resources listed in this guide but invite you to research and determine if any will meet your needs.*

If you represent an entity that provides information or services like the ones listed in the following pages, and would like to have your information included or if you would like your information updated or removed please contact us:

**Community Action Team**  
125 N 17<sup>th</sup> St  
St Helens, OR 97051  
[resources@cat-team.org](mailto:resources@cat-team.org)  
503-397-3511 or 800-404-3511

# 2014 Columbia County Resource Guide

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## BASIC NEEDS

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### FOOD

#### EMERGENCY FOOD

##### BROWN BAG AND BACKPACK PROGRAMS

**BACKPACK NUTRITION OF CLATSKANIE** [www.clatskaniebaptist.com](http://www.clatskaniebaptist.com)  
Before weekends or holidays when school meals are not available, students are sent home with kid friendly groceries.  
503-728-2304

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**BACKPACK NUTRITION OF RAINIER** [www.hope-of-rainier.com](http://www.hope-of-rainier.com)  
Qualifying grade school students receive food for the weekends.  
503-556-0701

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**BACKPACK NUTRITION OF ST HELENS** Applications are available through St Helens School District Nutrition Office and the United Methodist Church, please call for more information.  
503-397-0061

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**GRACE BAPTIST CHURCH BROWN BAG** [www.heartbeatofgrace.com](http://www.heartbeatofgrace.com)  
58690 Ross Rd., Warren, OR 97053  
\$15/annual fee; applications at Grace Baptist Church or Columbia Pacific Food Bank  
503-397-9708

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##### FOOD BANKS AND PANTRIES

**COLUMBIA PACIFIC FOOD BANK** [www.cpfoodbank.org](http://www.cpfoodbank.org)  
474 Milton Way, St Helens, OR 97051  
Providing food to emergency food pantries and hunger-relief agencies in Columbia County.  
503-397-9708

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Notes:

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HELP INC. [www.cpfoodbank.org](http://www.cpfoodbank.org)  
 503-397-9708 474 Milton Way, St Helens, OR 97051  
**MONDAY - THURSDAY 9AM – 12:45PM**

HOPE OF RAINIER [www.hope-of-rainier.com](http://www.hope-of-rainier.com)  
 503-556-0701 404 East "A" Street, Rainier, OR 97048  
**MON, TUES, WED 11:AM – 4:PM**  
**THURS 2:00PM – 7:00PM**

SCAPPOOSE  
 FOURSQUARE [www.scappoosefoursquare.org](http://www.scappoosefoursquare.org)  
 503-543-5069 33404 SW JP West Road, Scappoose OR 97056  
**WEDNESDAYS Noon – 1PM, also available**  
**immediately after services.**

ST VINCENT DEPAUL  
 FOOD PANTRY 51555 SW Old Portland Rd, Scappoose OR 97056  
 (Behind Fred Meyer, next to St Wenceslaus  
 Catholic)  
 503-543-7495 **MONDAY AND THURSDAY 1:PM – 3:PM**

TURNING POINT  
 COMMUNITY [www.clatskanieturningpoint.org](http://www.clatskanieturningpoint.org)  
 SERVICE CENTER 220 E Columbia River Hwy, Clatskanie OR 97016  
**MONDAY, TUESDAY, THURSDAY, FRIDAY**  
**11:AM – 3:PM**

VERNONIA CARES [www.vernoniacares.org](http://www.vernoniacares.org)  
 503-429-1414 627 Adams Ave, Vernonia OR 97064  
**TUESDAY AND THURSDAY 10:AM – 2: PM**

## FARMERS MARKETS

CLATSKANIE  
 FARMERS' MARKET [clatskaniefarmersmarket.wordpress.com](http://clatskaniefarmersmarket.wordpress.com)  
 Cope's Park  
**Saturdays June - September**



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SCAPPOOSE FARMERS' MARKET  
 503-543-3469 [www.scappoosefarmermarket.com](http://www.scappoosefarmermarket.com)  
 Adjacent to Heritage Park, behind Scappoose City Hall  
*Saturdays May - September*

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VERNONIA OPEN AIR MARKET  
 Park Drive, Vernonia, OR 97064  
*Fridays June - October*

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**COMMUNITY GARDENING & INFORMATION**

OSU MASTER GARDENERS  
 503-397-3462 [extension.oregonstate.edu/gardening/](http://extension.oregonstate.edu/gardening/)  
 505 N Columbia River Hwy, St Helens OR 97051  
 Trained volunteers offering information and education.

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ST HELENS COMMUNITY GARDEN  
 503-936-3634 375 S 15<sup>th</sup> St, St Helens OR 97051  
 Behind the Senior Center.  
 Email: [sthelensgarden@hotmail.com](mailto:sthelensgarden@hotmail.com)

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VERNONIA COMMUNITY GARDEN  
 971-998-3705 1000 Missouri Ave, Vernonia, 97064  
 Garden plots and greenhouse space for rent, beginning Spring 2014

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Basic Needs

**COMMUNITY MEALS**

BREAD OF LIFE MEAL MINISTRY  
 503-728-2304 [www.clatskaniebaptist.com](http://www.clatskaniebaptist.com)  
 Clatskanie Baptist Church  
 415 S Nehalem, Clatskanie OR 97016  
 Weekly Dinner Meal served at no charge.  
**WEDNESDAYS 5:00PM - 6:00 PM**

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Notes:

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**COMMUNITY MEALS** [www.cmeals.org](http://www.cmeals.org)  
 First Lutheran Parish Hall  
 Corner of 4<sup>th</sup> and Wyeth, St Helens OR 97051  
 503-397-0090 Dinner served at no charge.  
**TUESDAY AND THURSDAY 5:30PM – 6:00PM**

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**SOUP MINISTRY** [www.heartbeatofgrace.com](http://www.heartbeatofgrace.com)  
 58690 Ross Rd., Warren, OR 97053  
 503-397-0405 **Last Wednesday of each month, 1-3 PM**

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**SUSANNAH'S SUPPER**  
 Rainier United Methodist Church  
 101 E. C St. PO Box 188, Rainier, OR 97048  
 503-556-3440 Free community meal.  
**Fourth Friday of each month, 6 PM**

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### CONGREGATE & HOME DELIVERED MEALS FOR SENIORS

Basic Needs

**CLATSKANIE SENIOR CENTER** [www.clatskaniecastle.com](http://www.clatskaniecastle.com)  
 620 Tichenor, Clatskanie, OR 97016  
 PO Box 383, Clatskanie, OR 97016  
 503-728-3608

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**MEALS ON WHEELS** [www.cat-team.org](http://www.cat-team.org)  
 Providing meals to homebound seniors over 60  
 and their spouses or dependent, disabled adult  
 children.  
 503-397-3511

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**RAINIER SENIOR CENTER**  
 48 W. 7th, Rainier, OR 97048  
 503-556-3889

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**SCAPPOOSE SENIOR CENTER** [www.scappooseseiorcenter.com](http://www.scappooseseiorcenter.com)  
 33342 SW Meadow Dr., Scappoose, OR 97056  
 PO Box 797, Scappoose, OR 97056  
 503-543-2047

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Notes:

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ST HELENS SENIOR CENTER  
[www.sthseniorcenter.com/](http://www.sthseniorcenter.com/)  
 375 S. 15<sup>th</sup>, St Helens, OR 97051  
 PO Box 692, St. Helens, OR 97051  
 503-397-3343

VERNONIA SENIOR CENTER  
 446 Bridge, Vernonia, OR 97064  
 503-429-3912

**SUMMER FOOD SERVICE**

*Generally available to youth age 18 and younger who live in designated areas, to provide nutritional meals during the summer when school is not in session.*

*Call the school district for meal site information and times.*

[www.summerfoodoregon.org](http://www.summerfoodoregon.org)

CLATSKANIE, RAINIER & WEST PORT 503-556-4215 x 4

ST HELENS 503-366-7234 x7234

VERNONIA 503-429-5891 x1308

Basic Needs

**HOUSING/ SHELTER**

**EMERGENCY SHELTER**

ASTORIA RESCUE MISSION  
[www.armission.org](http://www.armission.org)  
 62 W Bond St, Astoria OR 97103  
 Men's shelter, call for bed availability  
 503-325-6243

BRADLEY ANGLE HOUSE  
[www.bradleyangle.org](http://www.bradleyangle.org)  
 5432 N Albina Ave, Portland OR 97217  
 Shelter and services for victims of domestic or sexual abuse.  
 503-281-2442

Notes:

COLUMBIA COUNTY  
WARMING CENTER

971-225-0227

Open annually during winter.  
Email: [ccwarmingcenter@gmail.com](mailto:ccwarmingcenter@gmail.com)

COMMUNITY HOUSE  
ON BROADWAY

360-425-8679

[www.communityhouseonbroadway.com](http://www.communityhouseonbroadway.com)  
1107 Broadway, Longview WA 98632  
Emergency Shelter home for adults and families.

EMERGENCY  
SUPPORT SHELTER

360-429-8629  
or  
360-425-1176 x4

[www.esshelter.com](http://www.esshelter.com)  
304 Cowlitz Way, Kelso, WA 98626  
P.O. Box 877, Kelso, WA 98626  
Services to victims and survivors of domestic and  
sexual violence, as well as their family.  
**888-425-1176 24 Hr Crisis Line**

SAFEPLACE

877-932-2734

[www.boysandgirlsaid.org](http://www.boysandgirlsaid.org)  
454 SE Washington Street in Hillsboro  
Homeless and runaway youth.

STREET LIGHT YOUTH  
SHELTER (JANUS  
YOUTH PROGRAMS)

503-224-5988

[www.janusyouth.org](http://www.janusyouth.org)  
Crisis shelter for youth

THE SAFE SHELTER  
(FORMERLY  
WOMEN'S  
RESOURCE CENTER)

503-397-6161

[www.safeofcolumbiacounty.org](http://www.safeofcolumbiacounty.org)  
PO BOX 22, St Helens OR 97051  
Emergency shelter and support services for  
victims of domestic violence and/or sexual  
assault & their children.  
**866-397-6161 24 Hr Crisis Line**

**HOME IMPROVEMENT/ACCESSIBILITY**

**ADAPTED HOUSING GRANTS FOR DISABLED VETERANS** [www.benefits.va.gov](http://www.benefits.va.gov)  
 VA offers monetary assistance to Veterans with specific service-connected physical disabilities, so they can construct or modify a home to best meet their needs. For a list of eligible conditions and modifications Email: [sahinfo.vbaco@va.gov](mailto:sahinfo.vbaco@va.gov)  
 800-827-1000

**HOUSING REHABILITATION** [www.cat-team.org](http://www.cat-team.org)  
 125 N 17<sup>th</sup> St, St Helens OR 97051  
 0%, deferred payment loans to qualified homeowners for eligible repairs.  
 503-366-6544 or 503-366-6552 Email: [smclaughlin@cat-team.org](mailto:smclaughlin@cat-team.org)

**WEATHERIZATION** [www.cat-team.org](http://www.cat-team.org)  
 PO Box 566, Astoria OR 97103  
 Providing grant funded measures to reduce energy costs.  
 503-325-8098 or 800-325-8098 Email: [kbohrer@cat-team.org](mailto:kbohrer@cat-team.org)

Basic Needs

**LOW COST BUILDING MATERIALS/SUPPLIES**

**HABITAT FOR HUMANITY RESTORE** [www.columbiacountyrestore.org](http://www.columbiacountyrestore.org)  
 164 Little St, St Helens, OR 97051  
 Home improvement, building supplies and furniture. Proceeds fund Columbia County Habitat for Humanity  
 503-366-1400

**HOME PURCHASE FINANCING/REFINANCING**

**CAT HOUSING CENTER** [www.cat-team.org/nwhs](http://www.cat-team.org/nwhs)  
 125 N 17<sup>th</sup> St, St Helens, OR 97051  
 Assists homeowners that are having trouble paying their mortgage or are at risk of foreclosure apply for a modification.  
 800-325-8098  
 503-366-6595

Notes:

OREGON VETERAN  
HOME LOANS

888-673-8387

[orvethomeloans.com/](http://orvethomeloans.com/)

Additional and distinctively separate benefit from the Federal VA Home Loan Guaranty Program.

USDA RURAL

HOME LOANS

866-923-5626

[www.rurdev.usda.gov](http://www.rurdev.usda.gov)

1201 NE Lloyd Blvd, St. 801, Portland, OR 97232

VA HOME LOANS

888-768-2132

[www.benefits.va.gov](http://www.benefits.va.gov)

Eligible Veterans or their survivors obtain a Certificate of Eligibility to provide to lenders.

## HOUSING COUNSELING

CAT HOUSING  
CENTER

800-325-8098

[www.cat-team.org/nwhs](http://www.cat-team.org/nwhs)

ABCs of Home buying, Ready to Rent and other classes to prepare you for a home.

Email: [cindkp@cat-team.org](mailto:cindkp@cat-team.org)

## HOUSING EXPENSE ASSISTANCE & SWEAT EQUITY PROGRAMS

HABITAT FOR  
HUMANITY  
COLUMBIA  
COUNTY

503-366-1400

PO Box 921, St Helens OR 97051

Builds simple, affordable home in partnership with those in need. Families purchase the houses at no profit through interest-free loans.

HOUSING  
SOLUTIONS

503-397-3511

[www.cat-team.org](http://www.cat-team.org)125 N 17<sup>th</sup> St, St Helens OR 97051

Case management, rent and shelter assistance, long term rental, NOHA applications, low income housing list, advocacy. Call for the worker of the day or stop by for an application.

**NORTHWEST OREGON HOUSING AUTHORITY (NOHA)**  
[www.nwoha.org/](http://www.nwoha.org/)  
 503-861-0220 FAX  
 147 S Main St, Warrenton OR 97146  
 PO BOX 1149, Warrenton OR 97146  
 Provides Section 8 rental assistance for low income families, seniors and the disabled. Please call for local outreach times and with wait list info

**SELF HELP HOUSING ACQUISITION REHAB**  
[www.cat-team.org](http://www.cat-team.org)  
 125 N 17<sup>th</sup> St, St Helens OR 97051  
 Families work with CAT staff to find, purchase and renovate distressed houses into SHARP homes.  
 503-366-6544

**THE HOME RESCUE PROGRAM**  
[www.oregonhomeownerhelp.com](http://www.oregonhomeownerhelp.com)  
 125 N 17th St, St Helens OR 97051  
 Provides limited mortgage payment assistance to un- and under-employed Oregonian. Check the website for more information.  
 503-366-6544

Basic Needs

**SUPPORTED HOUSING**

**AVAMERE ASSISTED LIVING**  
[www.avamereatsthelens.com/](http://www.avamereatsthelens.com/)  
 2400 Gable Road, St Helens OR 97051  
 503-366-8070

**COLUMBIA HILLS RETIREMENT CENTER**  
[www.cascade-management.com/](http://www.cascade-management.com/)  
 36050 Pittsburg Road, St Helens OR 97051  
 503-397-6131

**RIVERSIDE TRAINING CENTER**  
[www.facebook.com/RTCsince1974](http://www.facebook.com/RTCsince1974)  
 105 Port Ave, St Helens, OR 97051  
 PO Box 280, St Helens, OR 97051  
 503-397-1922

Notes:

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ROSE VALLEY  
ASSISTED LIVING [www.emeritus.com](http://www.emeritus.com)  
33800 SE Frederick St, Scappoose OR 97056  
503-543-4646

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SPRING MEADOWS [www.springmeadowsalf.org/](http://www.springmeadowsalf.org/)  
ASSISTED LIVING 36070 Pittsburg Rd, St Helens OR 97051  
503-397-0401

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## MATERIAL GOODS

### PERSONAL GOODS/SERVICES

CLATSKANIE [www.clatskaniebaptist.com](http://www.clatskaniebaptist.com)  
BAPTIST CHURCH 415 S Nehalem, Clatskanie OR 97016  
503-728-2304 Foster Closet and Hygiene Ministry

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ST VINCENT [www.svdppdx.com/](http://www.svdppdx.com/)  
DEPAUL PO Box 83, St Helens, OR 97051  
888-375-6074 Clothing, bedding, furniture and household  
goods as available.

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### THRIFT SHOPS

GOODWILL [www.goodwill.org](http://www.goodwill.org)  
503-543-2150 51651 SE 2nd St, Scappoose, OR 97056  
Supporting the work of Goodwill Industries.

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HOPE OF RAINIER [www.hope-of-rainier.com/](http://www.hope-of-rainier.com/)  
THRIFT STORE Supporting HOPE of Rainier  
503-556-0701

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Basic Needs

Notes:

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<p>SCAPPOOSE SENIOR THRIFT STORE 503-543-3281</p>	<p><a href="http://www.scappooseseniorcenter.com/">www.scappooseseniorcenter.com/</a> 33511 Dutch Canyon Rd, Scappoose, OR 97056 PO Box 797, Scappoose OR 97056 Supporting the Scappoose Senior Center</p>
<p>TOP NOTCH THRIFT SHOP 503-397-5386</p>	<p><a href="http://www.tnthriftstore.com/">www.tnthriftstore.com/</a> 1844 Columbia Blvd, St Helens OR 97051 Supporting the St Helens Senior Center Donations accepted any time during store hours</p>
<p>TURNING POINT THRIFT STORE 503-728-3126</p>	<p><a href="http://www.clatskanieturningpoint.org">www.clatskanieturningpoint.org</a> 220 E Columbia River Highway, Clatskanie Supporting Turning Point Community Services</p>

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**TRANSPORTATION**

<p>COLUMBIA COUNTY RIDER (503) 366-0159</p>	<p><a href="http://www.columbiacountyrider.com/">www.columbiacountyrider.com/</a> Transit Center: 1155 Deer Island Rd, St Helens Mailing: 230 Strand Street St Helens, OR 97051</p>
<p>GREYHOUND INFORMATION 800-231-2222</p>	<p><a href="http://www.greyhound.com/">www.greyhound.com/</a> Stations in Portland and Longview, WA</p>
<p>METRO WEST AMBULANCE 503-648-6658</p>	<p><a href="http://metrowest.fm/services/non-emergency.html">metrowest.fm/services/non-emergency.html</a> Non-emergency medical transportation in the Vernonia Ambulance Service Area</p>
<p>NORTHWEST RIDE CENTER 866-811-1001</p>	<p><a href="http://www.ridethebus.org/">http://www.ridethebus.org/</a> Non-emergency medical transportation for clients of OHP Plus. Alternate Phone: 503-861-0657</p>

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Basic Needs

**UTILITIES**

Notes:

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## UTILITY ASSISTANCE

*Some utility providers are able to grant discounts to Senior and/or low-income households, please talk with your provider to find out what money saving options are available to you.*

Basic Needs

**ASSURANCE WIRELESS** [www.assurancewireless.com](http://www.assurancewireless.com)  
Virgin Mobile's Lifeline Cell service option offering one handset and service with 250 Minutes and 250 Texts per month.  
888-321-5880

**CAT ENERGY ASSISTANCE** [www.cat-team.org](http://www.cat-team.org)  
125 N 17<sup>th</sup> St, St Helens OR 97051  
Provides assistance to low income households with their primary heat utility.  
503-397-3511

**CENTURYLINK INTERNET BASICS** [www.centurylink.com](http://www.centurylink.com)  
Low income households may qualify for low cost internet. Some restrictions apply, call or go online for application and requirements.  
866-541-3330

**HOPE OF RAINIER** [www.hope-of-rainier.com](http://www.hope-of-rainier.com)  
404 East "A" St, Rainier, OR 97048  
Applications for Share-The-Warmth, a Clatskanie PUD program; wood lot offering donated firewood as available.  
503-556-0701

**INTERNET ESSENTIALS FROM COMCAST** [www.internetessentials.com/](http://www.internetessentials.com/)  
You may qualify if your child is eligible for the National School Nutrition Program.  
855-8-INTERNET

**OREGON TELEPHONE ASSISTANCE** [www.puc.state.or.us/](http://www.puc.state.or.us/)  
Oregon Public Utility Commission  
PO Box 1088, Salem OR 97308-1088  
(LifeLine) Reduces monthly phone bill by \$12.75.  
1-800-848-4442 Application is available on webpage.  
or 503-373-7171 TTY: 1-800-648-3458 or (503) 378-6962

Notes:

SAFELINK WIRELESS	<a href="http://www.safelinkwireless.com">www.safelinkwireless.com</a> TracFone's Lifeline Cell service option offering one handset and service with 250 Minutes and 1000 Texts per month.
ST VINCENT DEPAUL	<a href="http://www.svdppdx.com">www.svdppdx.com</a> Shut off prevention, as funds permit. St Helens - 888-375-6074 Vernonia - 503-366-8014

**UTILITY PROVIDERS**

COLUMBIA RIVER PUD 503-397-1844	<a href="http://www.crpud.net">www.crpud.net</a> 64001 Hwy 30, Deer Island, OR 97054 PO Box 1193, St. Helens, OR 97051 Electric service provider for southern Columbia County.
CLATSKANIE PUD 503-728-2163	<a href="http://www.clatskaniepud.com">www.clatskaniepud.com</a> 495 E Columbia River Hwy, Clatskanie OR 97016 PO Box 216, Clatskanie, OR 97016 <b>After Hours Emergency 503-728-4626</b>
WEST OREGON ELECTRIC COOPERATIVE 503-429-3021	<a href="http://www.westoregon.org/">www.westoregon.org/</a> 652 Rose Ave., Vernonia, OR 97064 PO Box 69, Vernonia, OR 97064 Toll Free - 1-800-777-1276
NW NATURAL GAS 800-422-4012	<a href="http://www.nwnatural.com">www.nwnatural.com</a> <b>Smell Gas? Get out and call 800-882-3377</b>
MCNULTY WATER 503-397-1301	PO Box 260, St Helens, OR 97051 <b>Emergency Pager: 503-366-8119</b>

Basic Needs

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CITY OF ST HELENS [www.ci.st-helens.or.us](http://www.ci.st-helens.or.us)  
 WATER City Hall, 265 Strand Street, St. Helens  
 P.O. Box 278, St. Helens, OR 97051  
 503-397-6272

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CITY OF  
 SCAPPOOSE [www.ci.scappoose.or.us](http://www.ci.scappoose.or.us)  
 WATER 33568 E Columbia Ave, Scappoose, OR 97056  
 503-543-7146

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CITY OF RAINIER [www.cityofrainier.com](http://www.cityofrainier.com)  
 WATER 106 West B St, Rainier, OR 97048  
 PO Box 100, Rainier, OR 97048  
 503-556-7301

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CITY OF COLUMBIA  
 CITY WATER [www.columbia-city.org](http://www.columbia-city.org)  
 PO Box 189, Columbia City, OR 97018  
 503-366-0454

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CITY OF VERNONIA [www.vernonia-or.gov](http://www.vernonia-or.gov)  
 WATER City Hall  
 After hours emergencies: 1-800-696-7795  
 503-429-5291

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## CONSUMER, CRIMINAL JUSTICE & LEGAL SERVICES

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### CONSUMER ASSISTANCE AND PROTECTION

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BETTER BUSINESS [www.alaskaoregonwesternwashington.bbb.org/](http://www.alaskaoregonwesternwashington.bbb.org/)  
 BUREAU 4004 SW Kruse Way Pl; Suite 375, Lake Oswego,  
 OR 97035  
 503-226-3981

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### CONSUMER REGULATION

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Notes:

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FOOD HANDLER'S PERMITS [www.orfoodhandlers.com](http://www.orfoodhandlers.com)  
 Training materials and test available online  
 888-397-7210

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CONSUMER PRODUCTS SAFETY COMMISSION [www.cpsc.gov/](http://www.cpsc.gov/)  
 Consumer product recalls and safety laws.  
 Report complaints, check for recalls and review safety regulations for consumer  
 800-638-2772

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**MONEY MANAGEMENT**

ANNUAL FREE CREDIT REPORT [www.annualcreditreport.com](http://www.annualcreditreport.com)  
 Each of the three nationwide consumer credit reporting companies must give you a free credit report every 12 months if you ask for it.  
 877-322-8228

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CLEARPOINT CREDIT COUNSELING [www.clearpointccs.org/](http://www.clearpointccs.org/)  
 4800 SW Griffith Dr #102 Beaverton, OR 97005  
 9955 SE Washington St #301 Portland, OR 97216  
 Non-profit budget and debt counseling center.  
 Many services free, others at low cost.  
 800-750-2227

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CONSUMER FINANCIAL PROTECTION BUREAU [www.consumerfinance.gov/](http://www.consumerfinance.gov/)  
 Ensuring that consumers get the information they need to make the financial decisions they believe are best for themselves and their families.  
 855-411-2372

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**TAX ORGANIZATIONS AND SERVICES**

Consumer, Criminal Justice & Legal Services

Notes:

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**AARP FOUNDATION TAX-AIDE** [www.aarp.org](http://www.aarp.org)  
 Free tax preparation for low to moderate income households.  
 888-OUR-AARP TTY 877-434-7598

**CASH OREGON** [www.cashoregon.org](http://www.cashoregon.org)  
 Free tax preparation and financial education for low income Oregonians.  
 503-243-7765

### JUDICIAL SERVICES

**DISTRICT ATTORNEY** [www.co.columbia.or.us/](http://www.co.columbia.or.us/)  
 230 Strand St, Rm 328; Columbia County Courthouse, St Helens, OR 97051  
 503-397-0300

**COURT APPOINTED SPECIAL ADVOCATES FOR CHILDREN** [www.casaforkidsinc.org/](http://www.casaforkidsinc.org/)  
 800 Port Ave, St Helens, OR 97051  
 Volunteers acting to support the best interests of children who are in the court system as a result of abuse or neglect.  
 503-366-4133

### LAW ENFORCEMENT AGENCIES

#### Dial 9-1-1 In Emergencies

**NEHALEM VALLEY SUBSTATION** [co.clatsop.or.us/](http://co.clatsop.or.us/)  
 79532 Oregon Highway 202, Jewell  
 A substation of the Clatsop County Sheriff  
 503-755-2359

**CLATSKANIE POLICE DEPARTMENT** [cityofclatskanie.com](http://cityofclatskanie.com)  
 195 SE 2<sup>nd</sup> Street, Clatskanie, OR 97016  
**Non-Emergency Dispatch: 800-696-7795**

Notes:

<p>CLATSOP COUNTY SHERIFF 503-325-8635</p>	<p><a href="http://co.clatsop.or.us/">co.clatsop.or.us/</a> 355 Seventh St., Astoria, OR 97103 For non-emergencies or to report crimes, traffic problems or road hazards, call <b>(503) 325-2061</b>.</p>
<p>COLUMBIA CITY POLICE DEPARTMENT 503-397-4010</p>	<p><a href="http://www.columbia-city.org">www.columbia-city.org</a> 1840 2<sup>nd</sup> St, Columbia City, OR 97018 PO Box 189, Columbia City, OR 97018</p>
<p>COLUMBIA COUNTY CORRECTIONS 503-366-4630</p>	<p><a href="http://co.columbia.or.us/">co.columbia.or.us/</a> 901 Port Avenue, St. Helens, OR 97051</p>
<p>COLUMBIA COUNTY SHERIFF 503-366-4611</p>	<p><a href="http://www.co.columbia.or.us/">www.co.columbia.or.us/</a> 901 Port Ave., St. Helens, OR 97051</p>
<p>OREGON STATE POLICE 503 397-0325</p>	<p><a href="http://www.oregon.gov/osp">www.oregon.gov/osp</a> 35851 Industrial Way, Suite A, St Helens, OR 97051 <b>Columbia County Dispatcher: 503 397-3131</b></p>
<p>RAINIER POLICE DEPARTMENT 503-556-3644</p>	<p><a href="http://www.cityofrainier.com">www.cityofrainier.com</a> 106 West "B" St, Rainier, OR 97048 <b>Non-Emergency Dispatch 503-397-1521</b></p>
<p>SCAPPOOSE POLICE DEPARTMENT 503-543-3114</p>	<p><a href="http://www.scappoosepolice.com/">www.scappoosepolice.com/</a> 33568 E Columbia Ave, Scappoose, OR 97056 Fingerprints: Wednesdays between the hours of 8 to Noon &amp; 1 to 4pm. \$10.00/ card charge. <b>Non-Emergency Dispatch 503-397-1521</b></p>
<p>ST HELENS POLICE DEPARTMENT 503-397-3333</p>	<p><a href="http://www.ci.st-helens.or.us/">www.ci.st-helens.or.us/</a> 150 S 13<sup>th</sup> St, St Helens, OR 97051 <b>Non-Emergency Dispatch 503-397-1521</b></p>

Consumer, Criminal Justice & Legal Services

Notes:

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VERNONIA POLICE [vpd.vernonia-or.gov/](http://vpd.vernonia-or.gov/)  
 DEPARTMENT 1001 Bridge St, Vernonia, OR 97064  
 503-429-7335 **Toll Free Dispatch: 800-696-7795**

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WASHINGTON  
 COUNTY SHERIFF [www.co.washington.or.us](http://www.co.washington.or.us)  
 215 SW Adams, Hillsboro, OR 97123  
 503-629-0111

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## **LEGAL EDUCATION, INFORMATION & SERVICES**

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ATTORNEY [doj.state.or.us](http://doj.state.or.us)  
 GENERAL'S  
 CONSUMER 877-877-9392  
 HOTLINE  
 Consumer-related issues, filing complaints against a business; not able to offer legal advice counsel to individuals, we are able to help many informally resolve consumer issues.

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[www.doj.state.or.us/](http://www.doj.state.or.us/)  
 CRIME VICTIM'S  
 SERVICES DIVISION 503-366-3914  
 If you are a victim of crime, trained advocates can help you navigate the criminal justice system, understand your rights and refer you to resources that can offer support.

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FEDERAL VETERANS  
 ADMINISTRATION [www.va.gov](http://www.va.gov)  
 800-827-1000  
 Information related to Veterans benefits, direct deposit, etc.

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ODVA PORTLAND  
 CLAIMS AND  
 COUNSELING [oregon.gov](http://oregon.gov)  
 100 SW Main St 2nd Floor, Portland, OR 97204  
 503-412-4777

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Notes:

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<p>OREGON LAW CENTER COLUMBIA COUNTY SATELLITE OFFICE 503-397-1628</p>	<p><a href="http://sites.lawhelp.org">sites.lawhelp.org</a> 270 S. 1st St., St Helens, OR 97051 PO Box 1090, St Helens, OR 97051 Provide free legal assistance to low income clients with noncriminal problems, family law in Oregon, pamphlets and information</p>
<p>OREGON VICTIM INFORMATION AND NOTIFICATION EVERYDAY (VINE) 877-OR 4 VINE (877-674-8463)</p>	<p><a href="http://www.oregon.gov">www.oregon.gov</a> To register with VINE go to <a href="http://www.vinelink.com">www.vinelink.com</a> Allows crime victims to obtain timely and reliable information about criminal cases and the custody status of offenders 24 hours a day.</p>
<p>VETERANS SERVICE OFFICER 503-366-6580</p>	<p><a href="http://cat-team.org/">cat-team.org/</a> 125 N 17<sup>th</sup> St, St Helens OR 97051 Provides accurate and up to date Veteran's Administration information and referral services, advocacy, claims support and representation. Email: <a href="mailto:rclark@cat-team.org">rclark@cat-team.org</a></p>
<p>WORKER'S COMPENSATION 503-947-7810 or 800-452-0288</p>	<p><a href="http://www.cbs.state.or.us/wcd/">www.cbs.state.or.us/wcd/</a> 350 Winter St NE, Salem, OR 97309-0405 PO Box 14480, Salem, OR 97309-0405 The state agency that administers, regulates, and enforces the laws and administrative rules governing the Oregon workers' compensation system.</p>

Consumer, Criminal Justice & Legal Services

## DISCRIMINATION ASSISTANCE

### FAIR HOUSING COUNCIL OF OREGON

800-424-3247 or  
503-223-8197

[www.fhco.org/](http://www.fhco.org/)

1020 SW Taylor St; Suite 700, Portland, OR 97205  
Legal counsel and referrals for those believing they have been discriminated against for any of the following reasons: family status, gender, marital status, race, color, religion, national origin, disabilities, source of income, veteran/military status or status as a domestic violence victim.

## FAMILY LAW

### RUTHANN HARRIS- INMAN FAMILY JUSTICE CENTER

503-397-6161

125 N 17<sup>th</sup> St, St Helens (Inside the CAT building)  
The Justice center provides comprehensive services for victims of domestic violence.

**TUESDAYS FROM 9:AM – 12:NOON**

[www.amanicenter.org/](http://www.amanicenter.org/)

### SUPPORT AND ADVOCACY SERVICES –AMANI CENTER

503-366-4005

1621 Columbia Blvd., St. Helens, OR 97051  
PO Box 1001, St Helens, OR 97051  
Medical Evaluations for Children Suspected to be Abused, Child Forensic Interviews, Peer and Crisis Counseling Services, Information and Referrals, Safety Planning, Assistance Filing Crime Victims Compensation, Support & Advocacy Services

### CHILD SUPPORT ENFORCEMENT

800-850-0228

[www.oregonchildsupport.gov](http://www.oregonchildsupport.gov)

TTY: 800-735-2900

Portland: 971-673-1677

**LANDLORD/TENANT ASSISTANCE**

HOUSING TENANT HOTLINE	A paralegal or attorney is available to answer questions regarding fair housing, evictions and other tenant issues with the possibility of further legal representation.
503-648-7723	<i>Can call collect for emergency situations</i>
	<b>MONDAY AND WEDNESDAY 9:AM – 12:NOON</b>
	<a href="http://oregoncat.org/">oregoncat.org/</a>
RENTERS RIGHTS HOTLINE	Giving tenants detailed information about their rights and practical suggestions to help protect those rights. The hotline operates most afternoons and some evenings and weekends.
503-288-0130	

**EDUCATION**

**EDUCATIONAL INSTITUTIONS/SCHOOLS**

Education

**EARLY CHILDHOOD EDUCATION**

ADMINISTRATIVE OFFICE FOR CHILD & FAMILY DEVELOPMENT PROGRAMS	<a href="http://www.nworheadstart.org">www.nworheadstart.org</a>
503-556-3736	108 W "B" St, Rainier PO Box 10, Rainier, OR 97048 A free comprehensive preschool program for families within the federal poverty guidelines. Children must be three or four years old by September 1 <sup>st</sup> to be considered. Please call for more information.
CLATSKANIE HEAD START CENTER	<a href="http://www.nworheadstart.org/clats.html">www.nworheadstart.org/clats.html</a>
503-728-2940	365 SW High School Drive, Clatskanie PO Box 2, Clatskanie OR 97016 503-728-2225 FAX

Notes:

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**ST HELENS HEAD  
START CENTER** [www.nworheadstart.org/st-helens.html](http://www.nworheadstart.org/st-helens.html)  
2750 Columbia Blvd, St Helens  
PO Box 239, St Helens OR 97051  
503-397-4114 503-397-0906 FAX

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**VERNONIA HEAD  
START CENTER** [www.nworheadstart.org/vernonia.html](http://www.nworheadstart.org/vernonia.html)  
500 California Ave, Vernonia  
PO Box 242, Vernonia OR 97064  
503-429-9243 503-429-4103 FAX

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## SCHOOL DISTRICTS

**DISTRICT 13 – RAINIER** [www.rainier.k12.or.us/](http://www.rainier.k12.or.us/)  
5th & E East, Rainier, OR 97048  
503-556-3777 PO Box 160, Rainier, OR 97048

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**DISTRICT 1J – SCAPPOOSE** [www.scappoose.k12.or.us/](http://www.scappoose.k12.or.us/)  
33589 SE High School Wy.,  
503-543-6374 PO Box V Scappoose, OR 97056

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**DISTRICT 47J – VERNONIA** [www.vernonia.k12.or.us/](http://www.vernonia.k12.or.us/)  
475 Bridge Street, Vernonia, OR 97064  
503-429-5891

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**DISTRICT 502 – ST HELENS** [www.sthelens.k12.or.us](http://www.sthelens.k12.or.us)  
474 N. 16th Street, St. Helens, OR 97051  
503-397-7273

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**DISTRICT 8 – CLATSKANIE** [www.csd.k12.or.us/](http://www.csd.k12.or.us/)  
555 SW Bryant St., Clatskanie, OR 97016  
503-728-0587

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## EDUCATIONAL PROGRAMS AND SUPPORT SERVICES

**NWESD** [www.nwresd.org/](http://www.nwresd.org/)  
800 Port Ave., St. Helens, OR 97051  
503-366-4122 GED testing, Early Intervention and Early  
Childhood Special Education

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PACIFIC NW [www.pacnworks.com](http://www.pacnworks.com)  
 WORKS 500 N Columbia River Hwy, Suite 300, St Helens OR  
 503-397-6495 GED prep classes and testing.

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## HEALTH CARE

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### EMERGENCY MEDICAL CARE

**If someone is being hurt, or is in danger right now call 911 immediately**

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DOERNBECHER [www.ohsu.edu/](http://www.ohsu.edu/)  
 PEDIATRIC 3181 S.W. Sam Jackson Park Road  
 EMERGENCY Portland, Oregon 97239-3098  
 503 494-8311

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GOOD [legacyhealth.org/](http://legacyhealth.org/)  
 SAMARITAN 1015 NW 22nd Ave., Portland OR 97210  
 503-413-7711

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KAISER SUNNYSIDE [www.kaiserpermanente.org](http://www.kaiserpermanente.org)  
 503-652-2880 10180 SE Sunnyside Road, Clackamas, OR 97015

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LEGACY EMANUEL [legacyhealth.org/](http://legacyhealth.org/)  
 503-413-2200 2801 N. Gantenbein, Portland OR 97227

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OHSU [ohsu.edu](http://ohsu.edu)  
 503 494-7551 3181 S.W. Sam Jackson Park Rd.  
 Portland, Oregon 97239

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PEACE HEALTH [peacehealth.org/](http://peacehealth.org/)  
 360-414-2000 1615 Delaware Street, Longview, WA 98632

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Health Care

Notes:

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PORTLAND  
 ADVENTIST [www.adventisthealthnw.com/](http://www.adventisthealthnw.com/)  
 10123 SE Market Street, Portland, OR 97216  
 503-257-2500

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PROVIDENCE  
 PORTLAND [oregon.providence.org](http://oregon.providence.org)  
 4805 NE Glisan St., Portland, OR 97213  
 503-215-1111

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ST VINCENT [oregon.providence.org](http://oregon.providence.org)  
 9205 SW Barnes Road, Portland, OR 97225  
 503-216-1234

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TUALITY [www.tuality.org/](http://www.tuality.org/)  
 335 SE 8th Ave., Hillsboro, OR 97123  
 503-681-1860

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## GENERAL MEDICAL CARE

COWLITZ FAMILY [cowlitzfamilyhealth.org/](http://cowlitzfamilyhealth.org/)  
 HEALTH CENTER 1057 12th Avenue, Longview, WA 98632  
 MEDICAL CLINIC Sliding scale fee medical clinic  
 888-528-7364 360-636-3892

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LEGACY CLINIC [www.legacyhealth.org/](http://www.legacyhealth.org/)  
 503-397-0471 500 N Hwy 30, Ste 6, St Helens OR 97051

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OHSU [ohsu.edu](http://ohsu.edu)  
 SCAPPOOSE 51377 Old Portland Rd., Ste C,  
 FAMILY MEDICINE Scappoose, OR 97056  
 503-418-4222 Alternate Phone Number 503-543-3181

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RAINIER SCHOOL [www.rainier.k12.or.us](http://www.rainier.k12.or.us)  
 BASED HEALTH 26168 Old Rainier Rd, Rainier, OR 97048  
 CENTER Appointments appreciated but not necessary.  
 503-556-2178

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Notes:

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SACAGAWEA  
SCHOOL BASED  
HEALTH CENTER  
503-366-7645

[sacagawehealthcenter.org/](http://sacagawehealthcenter.org/)  
1060 Eisenschmidt Lane, St Helens OR 97051  
Providing care to all students who need it

VERNONIA  
SCHOOL BASED  
HEALTH CENTER  
503-429-0622

[www.tphfcc.org/Vernonia](http://www.tphfcc.org/Vernonia)  
510 Bridge Street in Vernonia, Oregon

WALLACE  
MEDICAL  
CONCERN  
503-489-1760

[www.wallacemedical.org/](http://www.wallacemedical.org/)  
Rockwood Building 124 NE 181st Ave Suite 103  
Portland, OR 97230  
Downtown and Mobile Clinic locations also.

**HEALTH SCREENING/DIAGNOSTIC SERVICES**

CHILD ABUSE  
ASSESSMENT  
503-366-4005

[www.amanicenter.org/](http://www.amanicenter.org/)  
1621 Columbia Blvd., St. Helens, OR 97051  
PO Box 1001, St Helens, OR 97051  
Medical evaluations and forensic interviewing

COLUMBIA  
HEARING CENTER  
503-397-1960

[www.columbiahearingcenter.net/](http://www.columbiahearingcenter.net/)  
369 Columbia River Hwy, St Helens OR 97051

**HEALTH SUPPORTIVE SERVICES**

Health Care

[www.abcforlifetraining.net/](http://www.abcforlifetraining.net/)  
**ABC FOR LIFE TRAINING CENTER**  
 503-709-1878  
 CPR, AED (automated external defibrillator), first aid and choking on-site training and certification for individuals, corporations, industrial work sites, assisted living facilities, long term care facilities, medical offices, private residential care and foster homes.

[cascadeaids.org/](http://cascadeaids.org/)  
**CASCADE AIDS PROJECT**  
 800-777-2437  
 208 SW 5<sup>th</sup> Ave, Ste 800, Portland OR 97204  
 Broad range of supportive services for those affected by HIV/AIDS.  
 (800) 499-6940 en español

[oregon.wish.org/](http://oregon.wish.org/)  
**MAKE-A-WISH FOUNDATION**  
 503-802-7002  
 Children with life-threatening medical conditions between the ages of 2½ & 18 may be eligible to have a wish granted. To refer a child in Oregon or Clark County, Washington directly to our local chapter, or for questions about our referral process, please contact: [magic@orwish.org](mailto:magic@orwish.org)

[www.msoregon.org/](http://www.msoregon.org/)  
**MULTIPLE SCLEROSIS SOCIETY OF PORTLAND**  
 800-344-4867 or  
 503-297-9544  
 2901 SE 122nd Ave., Portland, OR 97236  
 Oregonians diagnosed with Multiple Sclerosis may be eligible to participate in programs that provide medical equipment, air conditioners, acupuncture, caregiver classes and other services. Must have documentation of diagnosis.  
 Email: [programs@msoregon.org](mailto:programs@msoregon.org)

[mda.org/office/](http://mda.org/office/)  
**MUSCULAR DYSTROPHY SOCIETY**  
 503 223-3177  
 4800 SW Macadam Ave, #205 Portland, OR 97239  
 Advocacy, information, medical equipment, summer camp and other programs for Oregonians affected by Muscular Dystrophy.



POISON CONTROL [www.oregonpoison.org](http://www.oregonpoison.org)

800-222-1222

**Call 911 in an emergency**

SHIBA (SENIOR  
HEALTH  
INSURANCE  
BENEFITS  
ASSISTANCE)

[www.oregonshiba.org](http://www.oregonshiba.org)

Statewide program providing free, unbiased help to understand your Medicare options and benefits.

Alternate Toll Free Phone: 800-722-4134

971-225-3838

**REPRODUCTIVE HEALTH**

BOYS AND GIRLS  
AID SOCIETY  
PREGNANCY  
COUNSELING

[boysandgirlsaid.org/](http://boysandgirlsaid.org/)

877-932-2734 or  
Text "ASKME" to  
503-862-8108

If you make a parenting or abortion plan, we can connect you with the community resources that you may need. If you choose adoption, we will help guide you through the adoption process and will be with you before, during, and after the birth.

Health Care

COLUMBIA  
PREGNANCY  
CENTER

[www.columbiapregnancycenter.com/](http://www.columbiapregnancycenter.com/)

503-397-6047

430 Columbia Blvd, Saint Helens, OR 97051  
Pregnancy Tests, Peer-Counseling on Abortion, Parenting and Adoption, STD and Abstinence Education, Earn While You Learn Program, Bible Studies.

LA LECHE LEAGUE  
503-397-4108

[lalecheleagueoregon.webs.com](http://lalecheleagueoregon.webs.com)

Meets monthly in St Helens, call for info.

LEGACY LACTATION  
SPECIALISTS

[www.legacyhealth.org](http://www.legacyhealth.org)

503-413-7533

Specialized nursing staff to work with you and your care team.

At Emanuel Medical Center 503-413-2800

Notes:

**NAF HOTLINE**  
877- 772-9100

[prochoice.org/](http://prochoice.org/)  
Answering any questions you may have about abortion, unintended pregnancy, or related issues. Free, anonymous, offering services to everyone, regardless of their situation, can assist with funding.

**NAF HOTLINE  
REFERRAL LINE**  
877-257-0012

[www.prochoice.org/](http://www.prochoice.org/)  
If you have been diagnosed with a fetal anomaly, require specialized later abortion care, or are a medical professional looking for a referral, please call the NAF Hotline Referral Line

**OREGON  
CONTRACEPTIVE  
CARE (FORMERLY  
FAMILY PLANNING)**  
503-397-4651

[www.tphfcc.org/](http://www.tphfcc.org/)  
2370 Gable Rd. St. Helens, OR 97051  
Sliding scale fee for services such as: cervical, testicular and breast cancer screening, pregnancy testing and contraception.

**PLANNED  
PARENTHOOD  
COLUMBIA  
WILLAMETTE**  
888-875-7820

[www.plannedparenthood.org/](http://www.plannedparenthood.org/)  
Health Services including: vasectomies, colonoscopies, Pap and LEEP tests, birth control, abortion, STD and HIV testing and counseling.

## **INPATIENT & OUTPATIENT HEALTH FACILITIES**

**LEGACY URGENT  
CARE – ST HELENS**  
503-397-7119

[www.legacyhealth.org/](http://www.legacyhealth.org/)  
500 N Columbia River Hwy, Ste 7, St Helens

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PORTLAND [www.portland.va.gov/](http://www.portland.va.gov/)  
VETERANS 3710 SW US Veterans Hospital Rd,  
MEDICAL CENTER Portland, OR 97239  
 800-949-1004 Alternate Phone Number: 503-220-8262

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SHRINER'S [www.shrinershospitalsforchildren.org](http://www.shrinershospitalsforchildren.org)  
HOSPITAL 3101 SW Sam Jackson Park Rd, Portland, OR 97239  
 503-241-5090 Care for children with a host of orthopedic and  
 neuro-musculoskeletal disorders and diseases.

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VA HILLSBORO [www.portland.va.gov](http://www.portland.va.gov)  
COMMUNITY 1925 Amber Glen Parkway Suite #300  
BASED CLINIC Hillsboro, OR 97006  
 503-220-8262

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**HABILITATION/REHABILITATION SERVICES**

CCMH [ccmh1.com/](http://ccmh1.com/)  
DEVELOPMENTALLY Services for individuals with developmental  
DISABLED SUPPORT disabilities include case management, transition  
 503-397-5211 planning, advocacy and transportation.

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INTEGRATED [www.isnbrokerage.org](http://www.isnbrokerage.org)  
SERVICES 621 Columbia Blvd, St Helens OR  
NETWORK Personal agents work with developmentally  
 503-397-1165 disabled individuals to get support plans  
 developed and implemented.

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**PRESCRIPTION MEDICATION ASSISTANCE**

ST VINCENT [www.svdppdx.org](http://www.svdppdx.org)  
DEPAUL Assistance paying for medication, as funds are  
 888-375-6074 available.

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Health Care

Notes:

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## SPECIALIZED TREATMENT

COMMUNITY  
HOME HEALTH  
AND HOSPICE  
360-425-8511

[www.chhh.org/](http://www.chhh.org/)

The 12-bed homelike center provides around-the-clock medical care for hospice patients who need help managing their symptoms or for respite care. Family, friends and pets are always welcome—and they may stay overnight with the patient in their private room. Each patient suite has access to the kitchen and family room.

## SPECIALTY MEDICINE

### LOW COST DENTAL CARE

Health Care

COWLITZ FAMILY  
HEALTH CENTER  
LONGVIEW  
DENTAL CLINIC  
360-414-1300

[www.cowlitzfamilyhealth.org](http://www.cowlitzfamilyhealth.org)

1057 12<sup>th</sup> Ave, Longview WA 98632  
Sliding scale fee. Primary preventative care, restorative services, emergency services.

MOBILE DENTAL  
CLINIC  
503-624-1026

[www.medicalteams.org/](http://www.medicalteams.org/)

Providing dental services through community partners, free or low cost services.

OHSU SCHOOL  
OF DENTISTRY  
503-494-8867

[www.ohsu.edu/](http://www.ohsu.edu/)

611 S.W. CAMPUS DRIVE, Portland, Oregon 97239  
Fee for service, reduced costs, student practitioners.

PCC DENTAL  
CLINIC  
971-722-4909

[www.pcc.edu/resources/dental-clinic.html](http://www.pcc.edu/resources/dental-clinic.html)

12000 SW 49th Ave. Portland, OR 97219  
Fee for service, reduced costs, student practitioners.

## ENVIRONMENTAL PROTECTION

Notes:

SOIL & WATER [www.columbiaswcd.com/](http://www.columbiaswcd.com/)  
 CONSERVATION DISTRICT 35285 Millard Rd; St. Helens, OR 97051  
 Free technical assistance to local residents and  
 landowners regarding water and land use.  
 503-397-4555

## INCOME SUPPORT AND EMPLOYMENT

### EMPLOYMENT

COMMUNITY [communityaccessservices.org/](http://communityaccessservices.org/)  
 ACCESS SERVICES 1815 NW 169th Place, Suite 1060,  
 Beaverton, OR 97006  
 Vocational services for the developmentally  
 disabled.  
 503-533-437

DHS [www.oregon.gov](http://www.oregon.gov)  
 VOCATIONAL 500 N. Hwy 30, Ste. 230 , St Helens, OR 97051-1200  
 REHABILITATION We assist individuals with disabilities in getting and  
 keeping a job that matches their skills, interests  
 and abilities.  
 503-366-8383 or  
 800-243-4987

EXPERIENCE [www.experienceworks.org/](http://www.experienceworks.org/)  
 WORKS 2005 St Helens St, St Helens OR 97051  
 On-the-job training experience for low-income  
 older workers whose goal is to gain permanent  
 employment.  
 503-366-2877 or  
 877-779-7905

GOODWILL [meetgoodwill.org/job-connection](http://meetgoodwill.org/job-connection)  
 51651 SE 2<sup>nd</sup> Ave, Scappoose OR 97056  
 Job search and referral program.  
 503-543-2306

OREGON STATE [www.workinginoregon.org](http://www.workinginoregon.org)  
 EMPLOYMENT 500 N Hwy 30, Ste 320, St Helens OR 97051  
 DEPARTMENT **Unemployment Claims Toll Free**  
**1-877-FILE-4-UI (1-877-345-3484)**  
 503-397-4995

Income Support and Employment

Notes:

PACIFIC NW WORKS [www.pacnworks.com/](http://www.pacnworks.com/)  
 503-397-6495 500 N Hwy 30, Ste 300, St Helens, OR 97051  
 Job skills training and job search skills classes.

REWORK RESTORE [www.reworkrestore.com](http://www.reworkrestore.com)  
 503-410-5660 114 S 17<sup>th</sup> St, St Helens OR  
 Job readiness training center.

RIVERSIDE TRAINING CENTER [www.facebook.com/RTCsince1974](http://www.facebook.com/RTCsince1974)  
 503-397-1922 105 Port Ave, St Helens, OR 97051  
 PO Box 280, St Helens, OR 97051  
 Job Development and Coaching for Adults with Developmental Disabilities

WCF JOB CLUB [wcf-ministries.com](http://wcf-ministries.com)  
 503-397-4387 56523 Columbia River Hwy, Room 201  
 Warren, OR 97053  
 Open to the public, no charge. Job search and interview skills  
*Tuesdays from 10AM – 11AM*

## **PUBLIC ASSISTANCE PROGRAMS**

### **BASIC INCOME MAINTENANCE PROGRAMS & HOUSEHOLD RELATED EXPENSES**

TEMPORARY ASSISTANCE FOR NEEDY FAMILIES (TANF) [www.oregon.gov/DHS](http://www.oregon.gov/DHS)  
 503-397-1784 500 N Hwy 30, Ste 210; St Helens OR 97051  
 Cash assistance for very low income families with children, while they work towards self-sufficiency.

**MEDICAL ASSISTANCE**

**HEALTHY KIDS** [www.oregonhealthykids.gov/](http://www.oregonhealthykids.gov/)  
 877-314-5678 Health insurance for uninsured Oregon kids and teens.  
 Apply online or at your local DHS office.

**MEDICARE** [www.medicare.gov](http://www.medicare.gov)  
 1-800-633-4227 Health coverage for Seniors.

**OREGON HEALTH PLAN** [www.oregon.gov](http://www.oregon.gov)  
 800-527-5772 Health coverage for low-income Oregonians.

**NUTRITION RELATED PROGRAMS**

**SNAP** [www.oregon.gov/](http://www.oregon.gov/)  
 503-397-1784 500 N Hwy 30, Ste 210, St Helens, OR 97051  
 800-243-4987 Supplemental Nutrition Assistance Program,  
 formerly known as Food Stamps.

**WIC** [www.tphfcc.org/](http://www.tphfcc.org/)  
 503-397-4651 2370 Gable Rd, St Helens, OR 97051  
 Supplemental food program that provides nutritious foods, milk, juice, formula and other items to low income pregnant or breastfeeding women, infants and children up to the age of five.

Income Support and Employment

**SOCIAL INSURANCE PROGRAMS**

**SOCIAL SECURITY** [www.socialsecurity.gov/](http://www.socialsecurity.gov/)  
 1538 SW Yamhill St, Portland, OR 97205  
 TTY 1-800-325-0778  
 1-800-772-1213 Many services, including applying for benefits,  
 available online

Notes:

EMPLOYMENT  
RELATED DAYCARE

503-397-1784

[www.oregon.gov/dhs](http://www.oregon.gov/dhs)

500N Hwy 30, Ste 210; St Helens, OR 97051  
Assists low income families with the cost of  
childcare for the hours they are working.

## INDIVIDUAL AND FAMILY LIFE

### BIRTH AND DEATH CERTIFICATES

STATE OF OREGON  
VITAL RECORDS

888-896-4988

[public.health.oregon.gov](http://public.health.oregon.gov)

WASHINGTON  
VITAL RECORDS

360-236-4313

[www.doh.wa.gov](http://www.doh.wa.gov)

CALIFORNIA VITAL  
RECORDS

[www.cdph.ca.gov](http://www.cdph.ca.gov)

### INDIVIDUAL AND FAMILY SUPPORT SERVICES

#### ADOPTION SERVICES

BOYS AND GIRLS  
AID SOCIETY

800-342-6688

[boysandgirlsaid.org/](http://boysandgirlsaid.org/)

018 SW Boundary Court, Portland, OR 97239  
Infant and foster care adoption



**OPEN ADOPTION  
& FAMILY  
SERVICES**

800-772-1115  
Para Español  
800-985-6763

[www.openadopt.org](http://www.openadopt.org)

Available Text "open" to 971-266-0924

[info@openadopt.org](mailto:info@openadopt.org)

Support pregnant women and couples in making decision about their pregnancy options in an atmosphere of dignity and respect.

**MONDAY – FRIDAY 9:AM – 5:PM Text Chat**

**BENEFITS SCREENING**

[www.benefits.gov](http://www.benefits.gov)

[www.benefitscheckup.org/](http://www.benefitscheckup.org/)

[www.oregonhelps.org](http://www.oregonhelps.org)

[www.211info.org](http://www.211info.org)

**CASE/CARE MANAGEMENT**

**PUBLIC HEALTH  
FOUNDATION**

503-397-4651

[www.tphfcc.org](http://www.tphfcc.org)

2370 Gable Rd, St Helens OR 97051  
Babies First/Cocoon, Maternity Case Management

**INTEGRATED  
SERVICES  
NETWORK**

503-397-1165

[www.isnbrokerage.org/](http://www.isnbrokerage.org/)

621 Columbia Blvd., St. Helens, OR 97051  
Support services brokerage for developmentally delayed adults.

**OPTIONS  
COUNSELLING**

503-397-3511

[www.cat-team.org/](http://www.cat-team.org/)

125 N. 17<sup>th</sup> St, St Helens OR 97051  
Assistance creating a long term care plan for seniors and disabled adults.

**FAMILY SUPPORT RECRUITMENT/REFERRAL**

**CHILD CARE REFERRALS**

**CHILD CARE  
RESOURCE AND  
REFERRAL**

[www.oregonccrr.com](http://www.oregonccrr.com)

500 N Highway 30, Suite 320, St Helens, OR 97051  
(Inside the Oregon Employment Depart. building)

Notes:

Individual and Family Life

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503-734-5877 or 800-624-9516 Child care referrals and information to Parents & Families; enrollment and training information to Child Care providers; assists employers with developing employee-responsive child care programs and resources.

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### INTERPRETERS / TRANSLATORS

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**IRCO**  
**INTERNATIONAL LANGUAGE BANK** [irco.org](http://irco.org)  
 Translation and interpretation for fee.  
 503-234-0068

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### IN HOME CARE REGISTRY

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**OREGON HOME CARE WORKER REGISTRY** <https://ohcc.hr.state.or.us/>  
 676 Church Street NE, Salem, OR 97301-2401  
 Office of Oregon Home Care Commission  
 877-867-0077

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### IN HOME ASSISTANCE

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**ADEO IN HOME CARE** [www.adeohomecare.com](http://www.adeohomecare.com)  
 1560 Columbia Blvd, St Helens OR 97051  
 Homemaking/Companionship, Personal Care, Bathing Assistance, Nurse Supervised Medication Management, High Acuity Care, Foot Care, In Home Dental Hygiene.

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[www.chhh.org/services/home-care/](http://www.chhh.org/services/home-care/)

1035 11<sup>th</sup> Ave, Longview WA 98632

**COMMUNITY HOME HEALTH AND HOSPICE** Personal Care, Bathing Assistance, Housekeeping, Companionship (including travel, gardening assistance and reading), Medical appointments, Medication reminders, Pre-and-post surgery care, Shopping, Pet assistance, Meal preparation, 24-hour care available  
360-425-8477

**PARENTING EDUCATION**

**NATIONAL PARENTING HELPLINE**

[www.nationalparenthelpline.org/](http://www.nationalparenthelpline.org/)

Emotional support from a trained Advocate.

855-427-2736

**NW OREGON PARENTING EDUCATION**

[www.nworparenting.org](http://www.nworparenting.org)

108 West "B" St, Rainier OR 97048

Offering a variety of classes across the county.

503-556-3736

**PROTECTIVE SERVICES**

**If someone is being hurt, or is in danger right now call 911 immediately**

**COLUMBIA COUNTY AGING & PEOPLE WITH DISABILITIES**

[www.oregon.gov](http://www.oregon.gov)

[apps.state.or.us/Forms/Served/de9373.pdf](http://apps.state.or.us/Forms/Served/de9373.pdf)

500 N Hwy 30, Ste 240, St Helens, OR 97051

For reporting suspected abuse or neglect of seniors.

503-397-5863

TTY503-397-2797

Individual and Family Life

Notes:

COLUMBIA  
COUNTY ANIMAL  
CONTROL  
503-397-3935

[www.co.columbia.or.us/](http://www.co.columbia.or.us/)  
2084 Oregon St, St Helens, OR 97051  
For reporting suspected animal abuse or neglect.

DHS CHILD  
ABUSE &  
NEGLECT  
877-302-0077

[www.oregon.gov/](http://www.oregon.gov/)  
500 N Hwy, Ste 220, St Helens, OR 97051  
For reporting suspected abuse or neglect of  
minors.

## LEISURE ACTIVITIES AND RECREATION

CLATSKANIE  
SWIMMING POOL  
503-728-0000

[cityofclatskanie.com](http://cityofclatskanie.com)

COLUMBIA  
COUNTY PARKS  
503-397-2353

[www.co.columbia.or.us](http://www.co.columbia.or.us)

EISENSCHMIDT  
POOL  
503-397-2283

[sthelenspool.com/](http://sthelenspool.com/)  
1070 Eisenschmidt Lane, St. Helens, OR 97051

## MUTUAL SUPPORT

### SUPPORT GROUPS

*Support groups advertise their meetings in a variety of ways. Please check your local paper or call a related national association to find a group that meets your needs.*

ALZHEIMER'S Group meets monthly in St  
Helens  
503-366-8070 Please call for more information

Notes:

<p>MULTIPLE SCLEROSIS 503-543-2517</p>	<p>Group meets monthly in Scappoose Please call for more information</p>
<p>NATIONAL ALLIANCE ON MENTAL ILLNESS, FRIENDS AND FAMILY 503-556-9135</p>	<p>Group meets twice monthly in Rainier Please call for more information</p>
<p>OVEREATERS ANONYMOUS 503-369-4607</p>	<p>Group meets weekly in St Helens Please call for more information</p>
<p>TAKING OFF POUNDS SENSIBLY CHAPTER OR0642 503-397-4660</p>	<p><a href="http://www.tops.org">www.tops.org</a> Meets weekly, in St Helens Call for more information</p>
<p><b>ADDICTION/DEPENDENCIES SUPPORT GROUPS</b></p>	
<p>ALANO CLUB 503-397-9530</p>	<p>215 N 6<sup>th</sup> St, St Helens OR 97051 Hosts 12 step recovery meetings in a safe and friendly environment. Over 30 meetings per week. Please call for the time of a group that meets your needs.</p>
<p>AL-ANON &amp; AL-ATEEN 888-4ALANON</p>	<p><a href="http://www.oregonal-anon.org/">www.oregonal-anon.org/</a> Support groups for the families of alcoholics. Call or go online to find a meeting near you.</p>
<p>ALCOHOLICS ANONYMOUS 503-366-0667</p>	<p><a href="http://www.aa.org">www.aa.org</a> Call, or go online to find meetings near you.</p>
<p>OVERCOMERS OUTREACH 503-397-0535</p>	<p><a href="http://sunsetparkcc.com/calendar/#">sunsetparkcc.com/calendar/#</a> 174 Sunset Blvd, St Helens OR 97051 Spirituality based 12-step recovery group</p>

Individual and Family Life

Notes:

YANKTON  
RECOVERY  
GROUP

Weekly Meetings at Yankton Grange  
Call for more information  
Or 503-366-0667

503-397-1473

## **VOLUNTEER DEVELOPMENT AND OPPORTUNITIES**

COLUMBIA  
COUNTY RETIRED  
AND SENIOR  
VOLUNTEER  
PROGRAM  
(RSVP)

[www.columbiacountysvp.com](http://www.columbiacountysvp.com)

270 Columbia Blvd, St Helens OR 97051

Provides adults 55 and older with volunteer opportunities in their communities.

503-397-5655

VOLUNTEERS OF  
AMERICA -  
OREGON

[www.voar.org/](http://www.voar.org/)

3910 SE Stark Street, Portland, OR 97214

800-899-0089

## **MENTAL HEALTH, CRISIS AND SUBSTANCE ABUSE SERVICES**

COLUMBIA  
COMMUNITY  
MENTAL HEALTH

[www.ccmh1.com](http://www.ccmh1.com)

58646 McNulty Way, St Helens, OR, 97051

PO Box 1234, St Helens, OR 97051

Comprehensive mental health services for all ages, individual, family, group counseling. Walk in crisis intervention.

503-397-5211

PORTLAND VET  
CENTER

[www.va.gov](http://www.va.gov)

1505 N.E. 122nd Ave., Portland, OR 97230

Services for combat Veterans and their families.

877-927-8387

Please call 1-800-273-8255 if you are in crisis.

**HELPLINE, WARM-LINE AND ONLINE CRISIS INTERVENTION**

ALCOHOL & DRUG HELPLINE 800-621-1646

ALCOHOL ABUSE & ACTION HOTLINE 800-207-9998

CCMH 24 HR CRISIS LINE [866-866-1426](tel:866-866-1426)

DRUG HELP LINE  
(REFERRAL LINE) 800-662-HELP (4357)

LINES FOR LIFE (SUBSTANCE ABUSE  
AND SUICIDE PREVENTION) [800-282-7035](tel:800-282-7035)

MENTAL HEALTH AMERICA 800-969-6642

NATIONAL ALCOHOLISM &  
SUBSTANCE ABUSE INFORMATION  
CENTER [800-787-6776](tel:800-787-6776)

NATIONAL PROBLEM GAMBLING  
HOTLINE 800-522-4700

NICOTINE ANONYMOUS 877-TRY-NICA

OREGON PARTNERSHIP DRUG &  
ALCOHOL HELPLINE [ADULTS: 800-923-4357](tel:800-923-4357)  
[YOUTH: 877-553-8336](tel:877-553-8336)  
[SUICIDE LINE: 800-784-2433](tel:800-784-2433)  
[ESPAÑOLA: 877-515-8336](tel:877-515-8336)

Mental Health, Crisis and Substance Abuse Services

Notes:

OREGON TOBACCO QUIT LINE [877-270-STOP \(7867\)](tel:877-270-STOP)

NATIONAL ALLIANCE ON MENTAL  
ILLNESS OF OREGON [800-343-6246](tel:800-343-6246)

NATIONAL HOPELINE [800-442-HOPE\(4673\)](tel:800-442-HOPE)

SUICIDE PREVENTION LIFELINE [800-273-TALK\(8255\)](tel:800-273-TALK)  
*En Español : 888-628-9454*  
*TTY 800-799-4889*

VETERAN'S CRISIS LINE [800-273-8255 Press 1](tel:800-273-8255)  
[Or Text to 838255 for Help NOW](tel:838255)

PROBLEM GAMBLING [1-877-MY LIMIT \(877-695-4648\)](tel:1-877-MY LIMIT)

## **CRISIS INTERVENTION**

DOMESTIC  
VIOLENCE HOTLINE [www.thehotline.org/](http://www.thehotline.org/)  
800-799-7233 Lifesaving tools and immediate support to  
enable victims to find safety and live lives free of  
abuse.

NORTHWEST HUMAN  
SERVICES [northwesthumanservices.org/NWHS\\_crisis.php](http://northwesthumanservices.org/NWHS_crisis.php)  
800-560-5535 Confidential and anonymous suicide and risk  
assessments, provides reassurance and solution-  
focused services, and helps callers overcome  
whatever problem or concern prompted them  
to call.

PORTLAND  
WOMEN'S CRISIS  
LINE [pwcl.org/services/crisis-line-program/](http://pwcl.org/services/crisis-line-program/)  
888-235-5333 Support for survivors of domestic and sexual  
violence as well as non-offending family  
members, friends, and community partners

Notes:



SAFE OF COLUMBIA  
COUNTY

[www.safeofcolumbiacounty.org](http://www.safeofcolumbiacounty.org)

24 Hour crisis line

503-397-6161

**SUBSTANCE ABUSE SERVICES**

**ASSESSMENT & TREATMENT FOR SUBSTANCE ABUSE**

CCMH – ADULT  
ADDICTION

[www.ccmh1.com](http://www.ccmh1.com)

800-294-5211

Locations in St Helens, Scappoose, Clatskanie and others. Please call to schedule evaluation at the center nearest you.

NATIVE  
AMERICAN  
REHABILITATION  
ASSOCIATION OF  
THE NORTHWEST

[www.naranorthwest.org/](http://www.naranorthwest.org/)

503-621-1069

17645 NW St. Helens Highway, Portland, OR 97231

Child(ren) up to age 5 may stay with parents who are in residential treatment. To obtain complete information on eligibility, contact the admissions department.

NORTHWEST  
BEHAVIORAL  
HEALTHCARE

[www.northwestbhs.com/](http://www.northwestbhs.com/)

800-527-3303

18000 SE Webster Rd, Gladstone, OR 97027  
Adolescent, residential treatment program for mental health and substance abuse problems.

PATHWAYS

[www.ccmh1.com](http://www.ccmh1.com)

503-366-4540

185 N 4<sup>th</sup> St, St Helens, OR 97051  
Short term residential alcohol and drug treatment center.

**SMOKING CESSATION**

AMERICAN LUNG  
ASSOCIATION

[www.lung.org](http://www.lung.org)

800-586-4872

Variety of smoking cessation resources.

Notes:

Mental Health, Crisis and Substance Abuse Services

SMOKEFREE [www.quitnow.net/oregon/](http://www.quitnow.net/oregon/)

OREGON 800-QUIT NOW Call or go online to enroll in this free tobacco quitting program.

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## ORGANIZATIONAL & COMMUNITY SERVICES

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### CHAMBERS OF COMMERCE

CLATSKANIE

503-728-0000

[www.clatskanie.org/chamber.html](http://www.clatskanie.org/chamber.html)

RAINIER

503-556-7212

PO Box 1085, Rainier, OR 97048

SOUTH COLUMBIA  
COUNTY

503-397-0685

[www.sccchamber.org/](http://www.sccchamber.org/)

2194 Columbia Blvd, St Helens, OR 97051

VERNONIA

503-429-6081

[www.vernoniachamber.org/](http://www.vernoniachamber.org/)

1001 Bridge St, Vernonia, OR 97064

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### COMMUNITY ECONOMIC DEVELOPMENT AND FINANCE

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(SHEDCO)

ST HELENS  
ECONOMIC  
DEVELOPMENT  
CORPORATION

[www.shedc.org](http://www.shedc.org)

A volunteer organization dedicated to improving the economic vitality of St Helens.

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### COMMUNITY GROUPS & GOVERNMENT/ADMINISTRATIVE OFFICES

Notes:

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	<a href="http://www.211info.org">www.211info.org</a>	
211	Trouble reaching us by dialing 211? Call 866-698-6155	
AMERICAN LEGION	<a href="http://www.legion.org/">www.legion.org/</a>	Meets monthly in St Helens, call for more information
503-369-1313		
AREA AGENCY ON AGING	<a href="http://www.o4ad.org">http://www.o4ad.org</a>	Advocating for dignity and choice for Oregon's Seniors and disabled.
503-397-3511		
CITY OF CLATSKANIE	<a href="http://www.cityofclatskanie.com/">www.cityofclatskanie.com/</a>	95 S. Nehalem Street, Clatskanie, OR 97016
503-728-2622		
CITY OF COLUMBIA CITY	<a href="http://www.columbia-city.org/">www.columbia-city.org/</a>	1840 Second St, Columbia City, OR 97018 PO Box 189, Columbia City, OR 97018
503-397-4010		
CITY OF RAINIER	<a href="http://www.cityofrainier.com/">www.cityofrainier.com/</a>	106 West B Street, Rainier, OR 97048 PO Box 100, Rainier, OR 97048
503-556-7301		
CITY OF SCAPPOOSE	<a href="http://www.ci.scappoose.or.us/">www.ci.scappoose.or.us/</a>	33568 E Columbia Ave, Scappoose, OR 97056
503-543-7146		
CITY OF ST HELENS	<a href="http://www.ci.st-helens.or.us/">www.ci.st-helens.or.us/</a>	265 Strand Street, St Helens OR 97051 PO Box 278, St Helens OR 97051
503-397-6272		
CITY OF VERNONIA	<a href="http://www.vernonia-or.gov/">www.vernonia-or.gov/</a>	1001 Bridge St., Vernonia, Oregon 97064
503-429-5291		

Organizational & Community Services

Notes:

COLUMBIA  
COUNTY

888-397-7210

[www.co.columbia.or.us/](http://www.co.columbia.or.us/)

Most administrative offices located at the  
Columbia County Courthouse:  
230 Strand Street, St. Helens, OR 97051

COLUMBIA  
COUNTY SHRINE  
CLUB

503-369-1503

[www.columbia-center.org/afineseam/SH32/Organizations.htm](http://www.columbia-center.org/afineseam/SH32/Organizations.htm)KIWANIS  
DAYBREAKERS

503-397-2696

[www.kiwanisdaybreakers.com](http://www.kiwanisdaybreakers.com)

## LIONS CLUBS

[directory.lionsclubs.org/](http://directory.lionsclubs.org/)

Vernonia – Meets twice monthly  
Scappoose – Meets twice monthly  
St Helens – 503-397-0407 – Meets twice monthly

MOTHERS  
AGAINST DRUNK  
DRIVING –  
VICTIM'S  
SERVICES877.MADD.HELP  
**24 Hour Hotline**[www.madd.org/victim-services/](http://www.madd.org/victim-services/)

PO Box 933, St Helens OR 97051  
Victim's services, support group connection,  
public awareness regarding underage drinking

STATE UNIT ON  
AGING

800-282-8096

[www.oregon.gov](http://www.oregon.gov)

500 Summer St. NE E12, Salem, OR 97301-1073  
Services and programs for seniors and people  
with physical disabilities.

UNITED WAY OF  
COLUMBIA  
COUNTY

503-556-3614

[www.unitedwayofcolumbiacounty.com/](http://www.unitedwayofcolumbiacounty.com/)

305 W 3<sup>rd</sup> St, Rainier, OR 97048  
We support programs related to Children, People  
with Disabilities & Special Needs, Seniors,  
Emergency & Basic Needs.

Notes:

VETERANS OF  
FOREIGN WARS

[www.vfw.org/](http://www.vfw.org/)

VFW LADIES  
AUXILIARY  
503-397-2147

[www.ladiesauxvfw.org/](http://www.ladiesauxvfw.org/)

Meets monthly, please call for more information

**DISASTER SERVICES**

AMERICAN RED  
CROSS  
503-284-1234

[www.redcross.org/or/portland](http://www.redcross.org/or/portland)

3131 N. Vancouver Ave, Portland, OR 97227  
Providing for people’s immediate emergency needs following disasters, as well as providing support for emergency workers in cases of special need.

**INFORMATION SERVICES**

**INFORMATION AND REFERRAL LINES**

211 [www.211info.org](http://www.211info.org)

AGING AND  
DISABLED  
RESOURCE  
CONNECTION  
(ADRC)

[www.adrcforegon.org](http://www.adrcforegon.org)

Resource directory for Oregon families, caregivers and consumers seeking information about long-term supports and services.

855-673-2372

ALZHEIMER’S  
ASSOCIATION  
800-272-3900

[www.alz.org](http://www.alz.org)

Education and support for people diagnosed, their families, and caregivers.

Organizational & Community Services

Notes:

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AMERICAN  
CANCER SOCIETY [www.cancer.org](http://www.cancer.org)  
Information and resources  
800-227-2345

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AMERICAN  
DIABETES [www.diabetes.org](http://www.diabetes.org)  
ASSOCIATION Information, support, recipes and referrals  
800-342-2383

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AMERICAN HEART  
& STROKE [www.heart.org](http://www.heart.org)  
ASSOCIATION Information, education  
800-242-8721

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AMERICAN LUNG [www.lungoregon.org](http://www.lungoregon.org)  
ASSOCIATION Information, referrals  
800-586-4872

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ARC [thearcmult.org/](http://thearcmult.org/)  
877-581-2726 For individuals with physical or mental disabilities.

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ARTHRITIS [www.arthritis.org/oregon/](http://www.arthritis.org/oregon/)  
FOUNDATION Information and tools to help live a better life with  
888-391-9389 arthritis and related conditions.

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ASSOCIATION OF [www.oanp.org/?page=physiciansearch](http://www.oanp.org/?page=physiciansearch)  
NATUROPATHIC PO Box 5876, Portland, OR 97228  
PHYSICIANS Find a naturopathic physician, information about  
503-262-8586 naturopathy.

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CEREBRAL PALSY [www.ucpaorwa.org/](http://www.ucpaorwa.org/)  
ASSOCIATION Individualized supports, information, and  
503-777-4166 advocacy for people with cerebral palsy and  
other disabilities and their families.

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Notes:

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<p>COMMUNITY ACTION TEAM – SENIOR AND RESPITE</p> <p>503-397-3511</p>	<p><a href="http://www.cat-team.org/seniors.html">www.cat-team.org/seniors.html</a>                  125 N 17<sup>th</sup> St, St Helens, OR 97051                  Information, referral and advocacy for Seniors in Columbia County, as well as screening for other agency programs.</p>
<p>CYSTIC FIBROSIS FOUNDATION</p> <p>800-448-8404</p>	<p><a href="http://www.cff.org/chapters/oregon/">www.cff.org/chapters/oregon/</a>                  Information</p>
<p>DBTAC NW ADA INFO CENTER</p> <p>800-949-4232</p>	<p><a href="http://www.dbtacnorthwest.org">www.dbtacnorthwest.org</a>                  Information for businesses, governments, architects and contractors as well as disabled individuals seeking information about the Americans with Disabilities Act.</p>
<p>EPILEPSY FOUNDATION NORTHWEST</p> <p>888-828-7651</p>	<p><a href="http://www.epilepsynw.org/">www.epilepsynw.org/</a>                  Advocacy, support groups, summer youth camp, information and referral.</p>
<p>EPILEPSY FOUNDATION OF AMERICA</p> <p>800-332-1000</p>	<p><a href="http://www.epilepsyfoundation.org">www.epilepsyfoundation.org</a>                  Find local programs, doctors and support.</p>
<p>LEUKEMIA &amp; LYMPHOMA SOCIETY</p> <p>800-955-4572</p>	<p><a href="http://www.lls.org/">www.lls.org/</a>                  Information and support services.</p>
<p>MARCH OF DIMES</p> <p>503-222-9434</p>	<p><a href="http://www.marchofdimes.com/oregon/">www.marchofdimes.com/oregon/</a>                  Information and referral, grants to programs.</p>

Organizational & Community Services

Notes:

**MULTIPLE SCLEROSIS SOCIETY OF PORTLAND** [www.msoregon.org/](http://www.msoregon.org/)  
 2901 SE 122nd Ave., Portland, OR 97236  
 Information and Referral for caregivers and patients. Many programs for those with documented diagnosis of MS.  
 Email: programs@msoregon.org  
 800-344-4867 or 503-297-9544

**MUSCULAR DYSTROPHY SOCIETY** [mda.org/office/portland-metro](http://mda.org/office/portland-metro)  
 4800 SW Macadam Ave, #205 Portland, OR 97239  
 Information, resources and advocacy for patients, their caregivers and families.  
 503 223-3177

**NATIONAL ALLIANCE ON MENTAL ILLNESS** [www.nami.org/MSTemplate.cfm?Site=NAMI\\_Oregon](http://www.nami.org/MSTemplate.cfm?Site=NAMI_Oregon)  
 4701 SE 24th St., Suite E, Portland, OR 97202  
 Education, support and advocacy to improve the quality of life of individuals living with mental illness and their families and loved ones.  
 800-343-6264

**OREGON COMMISSION FOR THE BLIND** [www.oregon.gov/blind/Pages/index.aspx](http://www.oregon.gov/blind/Pages/index.aspx)  
 535 SE 12th Avenue, Portland, OR 97214  
 Resources for Oregonians who are blind as well as their families, friends, and employers.  
 888-202-5463

**OREGON SCHOOL FOR THE DEAF** [www.osd.k12.or.us/content/osd-family-resources](http://www.osd.k12.or.us/content/osd-family-resources)  
 999 Locust St. NE, Salem, OR 97303  
 Information and referral related to deafness and education.  
 503-378-3078 **Videophone line: 503-400-6162**

**PARKINSON'S RESOURCES OF OREGON** [www.parkinsonsresources.org/](http://www.parkinsonsresources.org/)  
 3975 Mercantile Dr, #154, Lake Oswego, OR 97035  
 Information and referral. Please call before visiting us in person, very limited staff.  
 800-426-6806

Notes:



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SIDS RESOURCE CENTER [www.sidscenter.org/](http://www.sidscenter.org/)  
 Resources for reducing risk as well as grief and bereavement  
 866-866-7437

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NATIONAL HUNGER HOTLINE [www.whyhunger.org/findfood](http://www.whyhunger.org/findfood)  
 Call for more information regarding food and nutrition programs, help finding a food pantry, SNAP benefits, etc.  
 866-3HUNGRY

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**LIBRARIES**

CLATSKANIE LIBRARY [cityofclatskanie.com/](http://cityofclatskanie.com/)  
 11 NE Lillich Street, Clatskanie, OR 97016  
 PO Box 577, Clatskanie, OR 97016  
 503-728-3732

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COLUMBIA COUNTY LAW LIBRARY [www.occll.org/directory.php](http://www.occll.org/directory.php)  
 270 S 1<sup>st</sup> St, St Helens, OR 97051  
 PO Box 1400 St Helens, OR 97051  
 503-397-1628

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RAINIER CITY LIBRARY [www.rainierlibrary.plinkit.org/](http://www.rainierlibrary.plinkit.org/)  
 106 "B" St Rainier, OR 97048  
 503-556-7301

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SCAPPOOSE LIBRARY [www.scappooselibrary.org](http://www.scappooselibrary.org)  
 52469 SE 2<sup>nd</sup> St, Scappoose, OR 97056  
 PO Box 400, Scappoose, OR 97056  
 503-543-7123

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ST HELENS PUBLIC LIBRARY [www.sthelens.plinkit.org/](http://www.sthelens.plinkit.org/)  
 375 S 18<sup>th</sup> St, Suite A; St Helens, OR 97051  
 503-397-4544 x 1

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Organizational & Community Services

Notes:

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TALKING BOOKS  
AND BRAILLE  
SERVICES LIBRARY

800-452-0292 or  
503-378-5389

[www.tbabs.org](http://www.tbabs.org) Email: [tbabs.info@state.or.us](mailto:tbabs.info@state.or.us)  
250 Winter St, Salem OR 97301  
Special format books and books on tape  
provided via download or postage-provided  
(free return) mail. You must apply and show  
need. Please call or email for more information.

TELE-LAW TAPE  
LIBRARY

800-452-4776

[www.osbar.org/public/legalinfo.html](http://www.osbar.org/public/legalinfo.html)  
Automated prompts direct the caller to plain  
English explanations of common legal issues,  
ability to request printed copies.

VERNONIA LIBRARY

503-429-1818

[www.vernonia-or.gov](http://www.vernonia-or.gov)

COLUMBIA CITY  
COMMUNITY  
LIBRARY

503-366-8020

[www.freewebs.com/cccomlibrary/](http://www.freewebs.com/cccomlibrary/)  
2000 2nd Street, Columbia City, OR 97018  
PO Box 189, Columbia City, OR 97018

## PUBLIC HEALTH & SAFETY

### PUBLIC HEALTH

THE PUBLIC  
HEALTH  
FOUNDATION OF  
COLUMBIA  
COUNTY

503-397-4651

[www.tphfcc.org/](http://www.tphfcc.org/)

Public Health's Communicable Disease Program  
monitors the reporting and investigation of  
communicable diseases, as well as offering  
tracking and treating to exposed individuals. We  
also provide tuberculosis testing and medication.  
After hours & weekend reporting line  
503-396-2072

### PUBLIC SAFETY

Notes:

**FIRE STATIONS**

**Dial 9-1-1 in Emergencies**

**BIRKENFIELD/MIST**

503-755-2710 12525 Hwy. 202, Mist, OR 97016

[www.clatskaniefire.org/](http://www.clatskaniefire.org/)

**CLATSKANIE FIRE**

503-728-2025 280 SE Third St, Clatskanie, OR 97016  
 PO Box 807, Clatskanie, OR 97016  
**Burn Line: 503-728-2131**

**COLUMBIA RIVER  
 FIRE & RESCUE –  
 ADMINISTRATION**

503-397-2990 [www.cfrf.com](http://www.cfrf.com)  
 270 Columbia Blvd, St Helens, OR 97051  
 Email us at: [info@cfrf.com](mailto:info@cfrf.com) for more information  
 about our stations or services.

**CRFR – RAINIER**

503-556-0406 [www.cfrf.com/rainier-station](http://www.cfrf.com/rainier-station)  
 211 2<sup>nd</sup> Street West, Rainier, OR 97048  
**Burn Line: 503-397-4800**

**CRFR – ST  
 HELENS STATION**

503-397-1014 [www.cfrf.com/st-helens-station](http://www.cfrf.com/st-helens-station)  
 105 12<sup>th</sup> St, St Helens, OR 97051  
 Fairgrounds station: 503-397-4711  
**Burn Line: 503-397-4800**

**SCAPPOOSE FIRE  
 DISTRICT**

503-543-5026 [www.srfd.us/](http://www.srfd.us/)  
 52571 Columbia River Hwy, Scappoose, OR 97056  
 PO Box 625, Scappoose, OR 97056  
**Burn Line: 503-543-3590**

**VERNONIA FIRE  
 DISTRICT**

503-429-8252 [www.vernoniafire.us/](http://www.vernoniafire.us/)  
 555 E. Bridge St., Vernonia, OR 97064

Public Health & Safety

Notes:

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OREGON DEPT  
OF FORESTRY

503-397-2636

[oregon.gov/odf/pages/field/cc/aboutus.aspx](http://oregon.gov/odf/pages/field/cc/aboutus.aspx)  
405 E Street, Columbia City, OR 97018

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## SAFETY ADVISORIES

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OREGON ROAD CONDITIONS [www.tripcheck.com](http://www.tripcheck.com)

800-977-ODOT (6368)

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WASHINGTON ROAD CONDITIONS [www.wsdot.com/traffic/](http://www.wsdot.com/traffic/)

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# COMMUNITY ACTION TEAM

We are committed to:

- Reducing the extent and negative effects of poverty
- Increasing family self-reliance
- Improving community facilities and affordable housing stock

Our programs fall into one of three main departments, Child and Family Development, Community Investment and Human Investment.

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## CHILD AND FAMILY DEVELOPMENT PROGRAMS

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**Head Start** is a comprehensive preschool for families. Head Start believes in Family Engagement: The principles of building relationships with families that support family well-being, strong parent-child relationships and ongoing learning and development of parents and children. Family engagement refers to the beliefs, attitudes, behaviors and activities of families that support their children's positive development. All Head Start services and systems are designed to prepare children for school. Head Start uses a holistic approach that includes partnerships with parents as the child's first and most important teacher. Parents and staff work together to deliver comprehensive services in early childhood health, development and education.

**ELIGIBILITY:** Children who are 3 or 4 on or before September 1, of the current year and live in families who are at or below federal poverty guidelines. Children with special needs may be enrolled with a waiver.

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**ADMINISTRATIVE** [www.nworheadstart.org](http://www.nworheadstart.org)  
108 W "B" St, Rainier, OR 97048  
**OFFICE** PO Box 10, Rainier, OR 97048  
503-556-3736 503-556-0705 FAX

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ASTORIA HEAD START CENTER	<a href="http://www.nworheadstart.org/astoria.html">www.nworheadstart.org/astoria.html</a> 785 Alameda Ave, Astoria PO Box 884, Astoria OR 97103
503-325-5421	503-325-8913 FAX
CLATSKANIE HEAD START CENTER	<a href="http://www.nworheadstart.org/clats.html">www.nworheadstart.org/clats.html</a> 365 SW High School Drive, Clatskanie PO Box 2, Clatskanie OR 97016
503-728-2940	503-728-2225 FAX
NEAH-KAH-NIE HEAD START CENTER	<a href="http://www.nworheadstart.org/neah.html">www.nworheadstart.org/neah.html</a> 36050 Tenth St, Nehalem PO Box 502, Nehalem OR 97131
503-368-5103	503-368-5104 FAX
NESTUCCA VALLEY HEAD START CENTER	<a href="http://www.nworheadstart.org/nestu.html">www.nworheadstart.org/nestu.html</a> 19995 Blaine Rd, Beaver OR 97108 PO Box 67, Cloverdale OR 97112
503-398-5175	503-398-5142 FAX
SEASIDE HEAD START CENTER	<a href="http://www.nworheadstart.org/seaside.html">www.nworheadstart.org/seaside.html</a> 1225 2 <sup>nd</sup> St, Seaside PO Box 362, Seaside, OR 97138
503-738-0873	503-738-5912 FAX
ST HELENS HEAD START CENTER	<a href="http://www.nworheadstart.org/st-helens.html">www.nworheadstart.org/st-helens.html</a> 2750 Columbia Blvd, St Helens PO Box 239, St Helens OR 97051
503-397-4114	503-397-0906 FAX
TILLAMOOK HEAD START CENTER	<a href="http://www.nworheadstart.org/tillamook.html">www.nworheadstart.org/tillamook.html</a> 1100 Miller Rd, Tillamook PO Box 713, Tillamook OR 97141
503-842-5180	503-842-2580 FAX
VERNONIA HEAD START CENTER	<a href="http://www.nworheadstart.org/vernonia.html">www.nworheadstart.org/vernonia.html</a> 500 California Ave, Vernonia PO Box 242, Vernonia OR 97064
503-429-9243	503-429-4103 FAX

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**WARRENTON HEAD START CENTER** [www.nworheadstart.org/warrentn.html](http://www.nworheadstart.org/warrentn.html)  
200 SW 3<sup>rd</sup>, Warrenton  
PO Box 1163, Warrenton OR 97146  
503-861-9681 503-861-9775 FAX

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**Healthy Families** (formerly Healthy Start) is a home visiting program in Columbia and Clatsop counties that provides parents with child development, parenting information and referrals to community agencies for services to support your baby and family. Healthy Families is part of the national Healthy Families American Network. During home visits you will receive information and support from a home visitor with Early Childhood Education. You will learn new skills so you can cope better with the challenges you face as a parent to help your baby grow up healthy and strong and be ready for school.

**ELIGIBILITY:** Families and the program will talk about questions on the New Baby Questionnaire. There is no cost to families for Healthy Families services. Please call or email for information. Beginning July 1, 2014 the program is scheduled to expand to provide services to subsequent births.

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**SUNDAY KAMPPI** [nworheadstart.org/healthystart.html](http://nworheadstart.org/healthystart.html)  
125 N 17th St, St Helens OR 97051  
503-366-0800 OR [skamppi@nworheadstart.org](mailto:skamppi@nworheadstart.org)  
800-404-3511

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**Parenting Education & Support** provides a variety of parenting trainings and parent support for families in Columbia and Clatsop Counties. All of the parenting trainings and supports offered through this program have the same key concepts:

- Parenting is the most challenging and most important job there is.
  - Parents are the foundation of the family.
  - Positive parenting skills do not come naturally; they are learned.
-

The programs provide support for parents' journeys of understanding the development of young children using proven parenting techniques and skills they can apply to their own unique child.

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JULIANNE [nworheadstart.org/parenting.html](http://nworheadstart.org/parenting.html)

CULLEN [www.nworparenting.org](http://www.nworparenting.org)  
PO Box 10, Rainier, OR 97048

503-556-3736 [jcullen@nworheadstart.org](mailto:jcullen@nworheadstart.org)

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## COMMUNITY INVESTMENT PROGRAMS

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The **Regional Housing Center** is a focal point for low and moderate-income households to receive information and gain access to home ownership, rehabilitation, and educational programs available from housing providers in Columbia, Clatsop and Tillamook Counties

### **Home Buyer Education**

The purpose of the ABC's of Home Buying Program is to help participants gain an appreciation of what home ownership is all about and gain confidence in understanding and working with the people involved in the process.

### **Ready-to-Rent**

Ready to Rent is a housing readiness program for renters that have barriers to finding housing. Classes prepare participants for successful rental living. Graduates of the Ready-to-Rent program receive a certificate showing that they have completed the 6-week training on Housing Readiness Education.

### **Post Purchase Counseling**

Counsels new homeowners in protecting their credit rating, maintaining regular mortgage payments, budgeting and saving money, using equity responsibly and maintaining their property as an asset.

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CINDY PEAKE [www.cat-team.org/nworhc/](http://www.cat-team.org/nworhc/)  
364 9<sup>th</sup> St, Ste A, Astoria, OR 97103  
PO Box 566, Astoria, OR 97103  
503-325-8098 Email [cindkp@cat-team.org](mailto:cindkp@cat-team.org)

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The **Foreclosure Prevention/Homeownership Retention** program helps homeowners in Columbia, Clatsop and Tillamook counties who are having trouble paying their mortgage or are at risk of foreclosure. After a review of mortgage and other debt, budgeting is discussed. A plan of action is drawn up to assist homeowners with foreclosure prevention.

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CINDY PEAKE [www.cat-team.org/nworhc/](http://www.cat-team.org/nworhc/)  
364 9<sup>th</sup> St, Ste A, Astoria, OR 97103  
PO Box 566, Astoria, OR 97103  
503-325-8098 Email [cindkp@cat-team.org](mailto:cindkp@cat-team.org)

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SUE METCALF [www.cat-team.org/nworhc/](http://www.cat-team.org/nworhc/)  
125 N 17<sup>th</sup> St, St Helens OR 97051  
503-366-6595 Email [smetcalf@cat-team.org](mailto:smetcalf@cat-team.org)

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### Special Limited Time Frame Programs

**SERVICES:** The Housing Center provides services for distressed homeowners as funds are made available. The programs have varying eligibility and timeframes.

**EXAMPLE:** THE Mortgage Payment Assistance Home Rescue Program: The Home Rescue program helps qualified homeowners pay their mortgages for up to one year. Home Rescue is available to homeowners who have experienced a current loss of income.

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SALLY McLAUGHLIN [www.oregonhomeownerhelp.com](http://www.oregonhomeownerhelp.com)  
125 N 17<sup>th</sup> St, St Helens, OR 97051  
503-366-6544 Email: [smclaughlin@cat-team.org](mailto:smclaughlin@cat-team.org)

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The **Self-Help Acquisition and Rehabilitation for Homeownership** program is designed for first-time homebuyers with

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qualification based primarily on income. Community Action Team is working with USDA Rural Development to match families with homes that need improvements (housing rehabilitation). Buyers will build instant equity through their assistance in the improvements.

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SALLY [www.cat-team.org/nworhc/first-time-home.html](http://www.cat-team.org/nworhc/first-time-home.html)  
 MCLAUGHLIN

125 N 17<sup>th</sup> St, St Helens OR 97051

503-366-6544 Email: [smclaughlin@cat-team.org](mailto:smclaughlin@cat-team.org)

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The mission of the **Weatherization Program** is "To reduce energy costs for low-income families, particularly for elderly, people with disabilities and children, by improving the energy efficiency of their homes while ensuring their health and safety."

**SERVICES:** The program provides grant funding for measures that help reduce energy costs, such as insulation, refrigerator replacement, heating system repair or replacement, and health and safety repairs. The program currently operates in Clatsop, Columbia and Tillamook Counties.

**ELIGIBILITY:** Both Homeowner and Renter households whose incomes do not exceed 60% of statewide median are eligible to apply for services. For example: A family of four can have an income of up to \$41,744 annually.

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<http://www.cat-team.org/nworhc/homeowners.html>  
 KIM BOHRER

364 9<sup>th</sup> St, Ste. A, Astoria, OR 97103

503-325-8098 PO Box 566, Astoria, OR 97103

Email: [kbohrer@cat-team.org](mailto:kbohrer@cat-team.org)

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The **Housing Rehabilitation Program** offers 0%, deferred payment loans (no monthly payments) to qualified homeowners with eligible repairs. Eligible repairs include roofs, windows, plumbing, electrical, heating systems, foundations, handicapped accessibility, septic systems, siding, weatherization measures, and

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other critical structural repairs. The program currently operates in Clatsop, Columbia and Tillamook Counties.

**ELIGIBILITY:** Homeowners whose incomes do not exceed 80% of area median income may qualify for the program.

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**SALLY McLAUGHLIN** [www.cat-team.org/nworhc](http://www.cat-team.org/nworhc)  
125 N 17<sup>th</sup> St, St Helens OR 97051  
503-366-6544 Email: [smclaughlin@cat-team.org](mailto:smclaughlin@cat-team.org)

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**CAT Real Estate Development** works with local partners to purchase and develop land for affordable housing and community facilities (e.g. Senior Centers, HeadStart Centers). We collaborate with other organizations and local governments and provide the technical capacity to move projects through the multiple stages of development – from concept, to design, financing, construction and occupancy.

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**DIANNE DUBACH** 125 N 17<sup>th</sup> St, St Helens, OR 97051  
503-366-6555 Email: [ddubach@cat-team.org](mailto:ddubach@cat-team.org)

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**CAT Real Estate Management** owns and maintains 145 units of affordable housing located in three apartment complexes and two small rental properties. These projects include: 80 units in St Helens, 36 units in Canon Beach, 26 units in Vernonia. In addition, CAT provides property management and maintenance services to a number of CAT owned or leased community facilities (e.g. Family Resource Center, Head Start Centers).

**ELIGIBILITY:** Each project has different eligibility requirements, but generally, tenants must be at or below 50 percent of area median income.

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**DIANNE DUBACH** 125 N 17<sup>th</sup> St, St Helens, OR 97051  
503-366-6555 Email: [ddubach@cat-team.org](mailto:ddubach@cat-team.org)

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## HUMAN INVESTMENT PROGRAMS

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**Energy Services** provides bill payment assistance, energy conservation information and self-help weatherization materials to assist households in maintaining affordable, continuous and safe home energy usage while lowering their energy burden. Applications are typically done by mail. Please call to request an application be mailed to you, or visit us in person or online.

**ELIGIBILITY:** For most programs the household must be at or below 60% of State median income.

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[www.cat-team.org/energy\\_services.html](http://www.cat-team.org/energy_services.html)

503-366-6582 125 N 17<sup>th</sup> St, St Helens, OR 97051

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**Housing Solutions** provides case management services for those transitioning from emergency shelter to permanent housing, rental assistance and eviction prevention. Walk In appointments are available only on days when a worker of the day is scheduled. Please call for more information.

**ELIGIBILITY:** Households earning less than 60% of median income, who have a minimum of six months residency in Columbia County, who are homeless or at risk of becoming homeless may be eligible for financial assistance. Any resident of Columbia County that is facing homelessness is eligible for a one-time rental counseling appointment.

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[www.cat-team.org](http://www.cat-team.org)

503-397-3511 125 N 17<sup>th</sup> St, St Helens, OR 97051

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**SSVF, or Supportive Services for Veterans Families**, provides supportive services and resources to homeless veterans, and those at risk of being homeless, and their families. Services include temporary financial assistance for things like rent, deposits or

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transportation assistance plus case management and linkage to other veterans and general social/health services.

**ELIGIBILITY:** Must be a Veteran, or member of a Veteran Family, discharged in Other than dishonorable conditions, living at 50% of AMI or less, and homeless or at risk of homelessness. SSVF is a collaborative between Columbia, Clatsop, Tillamook and Washington counties.

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PAM DANIEL [www.cat-team.org/SSVF.html](http://www.cat-team.org/SSVF.html)  
 125 N 17<sup>th</sup> St, St Helens, OR 97051  
 503-366-6591 Email: [pdaniel@cat-team.org](mailto:pdaniel@cat-team.org)

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The **Senior and Respite Program** provides a variety of services for seniors in Columbia County who are 60 years of age and over. Services provided by Older American's Act funding include: preventative health, legal services, home delivered meals, Options counseling, Oregon Project Independence and other services designed to help seniors stay in their own homes.

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503-397-3511 [www.cat-team.org/seniors.html](http://www.cat-team.org/seniors.html)  
 125 N 17<sup>th</sup> St, St Helens, OR 97051  
 Email: [jdavis@cat-team.org](mailto:jdavis@cat-team.org)

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The **Veteran's Service Officer** provides a variety of services to veterans in the county including Veteran's Administration information and referral, assistance in filling out paperwork related to claims, filing initial disability claims, notice of disagreement filing and follow up appeals processing. Please call to schedule an appointment.

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RUSS CLARK [www.cat-team.org/veterans.html](http://www.cat-team.org/veterans.html)  
 125 N 17<sup>th</sup> St, St Helens, OR 97051  
 503-366-6590 Email: [rclark@cat-team.org](mailto:rclark@cat-team.org)

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