



Building Bridges to Self-Sufficiency

PREPARED BY:

**COMMUNITY ACTION TEAM, INC.\***

125 N. 17TH STREET

ST. HELENS, OR 97051

(503) 397-3511

(503) 397-3290 FAX

**\*A UNITED WAY FUNDED AGENCY**



**COMMUNITY ACTION TEAM  
RESOURCE DIRECTORY  
FOR  
COLUMBIA COUNTY**

PRINTING PROVIDED BY:

**COLUMBIA RIVER PEOPLES UTILITY DISTRICT**

13TH EDITION

MAY, 2008

**ADDITIONAL NUMBERS**


THIS REFERENCE BOOK HAS BEEN PREPARED IN AN EFFORT TO BETTER ACQUAINT COLUMBIA COUNTY RESIDENTS WITH THE RESOURCES AND SERVICES AVAILABLE TO THEM. WE HOPE IT WILL BE A USEFUL AND CONVENIENT TOOL.

COMMUNITY ACTION TEAM, INC. IS A PRIVATE, NON-PROFIT CORPORATION. OUR GOAL IS TO REDUCE THE INCIDENCE OF POVERTY AND TO PROVIDE SERVICES IN A MANNER THAT WILL MAKE FAMILIES AND INDIVIDUALS MORE SELF-RELIANT.

**COMMUNITY ACTION TEAM INC'S., PROGRAMS INCLUDE:**

- EMERGENCY ENERGY & HOUSING SERVICES            SENIOR SERVICES
- TRANSITIONAL HOUSING ASSISTANCE                      VETERAN SERVICES
- AFFORDABLE HOUSING & COMMUNITY DEV.              RESPITE CARE RESOURCE & REFERRAL
- HOUSING REHABILITATION & WX.                              AFTER SCHOOL CARE
- SELF-HELP HOUSING    HEALTHY START
- CHILD CARE RESOURCE & REFERRAL                              HEAD START
- PARENTING EDUCATION & SUPPORT SERVICES

WE WANT TO THANK THE **COLUMBIA RIVER PUD** FOR PRINTING THIS GUIDE. WE ALSO WANT TO THANK **UNITED WAY OF COLUMBIA COUNTY, MANAGEMENT TRAINING CORPORATION, COLUMBIA COMMUNITY MENTAL HEALTH, HEAD START, JAN KENNA & THE COMMISSION ON CHILDREN & FAMILIES, DEPARTMENT OF HUMAN SERVICES SELF-SUFFICIENCY, DEPARTMENT OF HUMAN SERVICES SENIORS & PEOPLE WITH DISABILITES** FOR THEIR ASSISTANCE IN PREPARING AND PUBLISHING THIS EDITION.

PLEASE FEEL FREE TO CALL OUR OFFICE AT (503) 397-3511, OR ACCESS OUR WEB SITE **www.cat-team.org** FOR ADDITIONAL INFORMATION. OFFICE HOURS ARE 8:30 TO 5:00, MONDAY - FRIDAY.

- RITA BERNHARD, BOARD CHAIRPERSON
- ROCKY JOHNSON, EXECUTIVE DIRECTOR
- DARLENE SMITH, INFORMATION & REFERRAL
- ANNE STARLING, INFORMATION & REFERRAL
- KATIE MAY, INFORMATION & REFERRAL



***ADDITIONAL NUMBERS***


**ALCOHOL/DRUG ABUSE/TOBACCO**

<p><b>AL-ANON</b> (800) 344-2666</p>	<p>Support groups for the families of alcoholics. Call for meeting dates and locations.</p>
<p><b>AL-ATEEN</b> (800) 344-2666</p>	<p>Support group for 10 to 19 year olds, St. Helens area. Meets Monday nights 7:30 PM to 8:30 PM at St. Frederic's Rectory.</p>
<p><b>ALCOHOL &amp; DRUG HELP-LINE (24 Hr.)</b> 6443 SW Beaverton Hillsdale Hwy. Portland, OR 97212 (800) 621-1646</p>	<p>Toll free informational line about various treatment programs around the state.</p>
<p><b>ALCOHOL &amp; DRUG SERVICES</b> 58646 McNulty Wy. St. Helens, OR 97051 (800) 294-5211 (OR &amp; WA) (503) 397-5211</p>	<p>(See Columbia Community Mental Hlth. pages 7, 12, 19, and 31)</p>
<p><b>ALCOHOLICS ANONYMOUS</b> 1212 SE Division St. Portland, OR 97202 (503) 223-8569</p>	<p>Self-help recovery group for alcoholics; Twelve step recovery program.</p>
<p><b>COCAINE ABUSE HOTLINE</b> (800) 662-4357</p>	
<p><b>DRUG HELP HOTLINE</b> (800) 662-HELP</p>	<p>Provides counseling and referral.</p>
<p><b>MOTHERS AGAINST DRUNK DRIVING (MADD-Columbia Cty Chapter)</b> P.O. Box 933 St. Helens, OR 97051 (503) 397-6159</p>	<p>Support groups, minor in possession classes, education, public awareness and victim impact panel.</p>
<p><b>NARCOTICS ANONYMOUS</b> PO Box 2095 Longview, WA 98632 (866) 435-7701 (360) 636-1622</p>	<p>Twelve steps in self-help recovery program for drug abusers.</p>

**ALCOHOL/DRUG ABUSE/TOBACCO (Continued)**

<b>NATIONAL GAMBLING HOTLINE</b> (800) 522-4700	Provides assistance and referral for addiction to gambling.
<b>NATIVE AMERICAN REHABILITATION ASSOCIATION/NARA NORTHWEST</b> Old Holbrook School 17645 NW, St. Helens Hwy. 30 Portland, OR 97231 (503) 621-1069	Residential chemical dependency facility for Native Americans and others as space is available, priority given to Native Americans; 60-day to 6-month program.
<b>OFFICE OF MENTAL HEALTH &amp; ADDICTION RESOURCE CENTER</b> 500 Summer, N.E., E-86 Salem, OR 97301 (800) 822-6772	Hours: 8:00 AM - 5:00 PM
<b>NICOTINE ANONYMOUS</b> (503) 323-2110	Support groups for adults of nicotine addiction.
<b>OREGON ALCOHOL &amp; DRUG LINE</b> (800) 621-1646 (800) 282-7035	Provides information and referral.
<b>OREGON PARTNERSHIP DRUG &amp; ALCOHOL HELPLINE</b> (800) 923-4357 (Adults) (877) 553-8336 (Youth Line) (800) 784-2433 (Suicide Line)	A 24-hour statewide helpline offering confidential help regarding alcohol, drug and addiction issues. Treatment referrals; Youth line for teens and Suicide Helpline. Spanish Helpline (877) 515-7848.
<b>OREGON TOBACCO QUIT LINE</b> (877) 270-7867 (877) 270-STOP	Offers free quitting information, one-on-one telephone counseling, and referrals either for you or a loved one. The Quit Line is offered by the Oregon Health Division.
<b>PATHWAYS</b> 185 N. 4th St. Helens, OR 97051 (503) 366-4540	Residential Treatment Center.

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**CHILD ABUSE/CHILD CARE/YOUTH DEVELOPMENT**

**AMANI CENTER**  
**COLUMBIA COUNTY**  
**CHILD ABUSE ASSESSMENT**  
 36200 Pittsburg Rd., Suite D  
 PO Box 1001  
 St. Helens, OR 97051  
 (503) 366-4005  
 Provides assessment, support, and therapy services for child abuse victims and victims of domestic violence age 0-18 years. Call for more information.

**ARC of OREGON**  
**(Assoc. for Retarded Citizens)**  
 1745 State Street  
 Salem, OR 97301  
 (877) 581-2726  
 (503) 581-2726  
 Advocating for Oregonians with cognitive, intellectual and developmental disorders.

**BERRY BRIGHT PRESCHOOL**  
 First United Methodist Church  
 560 Columbia Blvd.  
 St. Helens, OR 97051  
 (503) 397-2750  
 Preschool program for 3 and 4 year olds, call for more information.

**BRYANT HOUSE PRESCHOOL**  
 265 S. Nehalem  
 Clatskanie, OR 97016  
 (503) 728-3609  
 Preschool program for 3 and 4 year olds, call for more information.

**CARING OPTIONS**  
**CHILD CARE RESOURCE & REFERRAL**  
 Community Action Team, Inc.  
 125 N. 17th, St.  
 St. Helens, OR 97051  
 (503) 397-3511 Ext. 277  
 (503) 366-6542 Direct  
 Provides assistance to child care providers, parents, employers or anyone seeking child care in Columbia, Clatsop and Tillamook County.

**COLUMBIA COMMUNITY**  
**MENTAL HEALTH**  
 58646 McNulty Wy.  
 PO Box 1234  
 St. Helens, OR 97051  
 (800) 294-5211 (OR & WA)  
 (503) 397-5211  
 (866) 866-1426 After Hrs. Crisis Line  
 Comprehensive mental health services for all ages; individual, family, group counseling; Walk-in crisis intervention, 24-hour a day crisis phone access; Drug and alcohol prevention and treatment programs; Psychiatric rehabilitation and housing options. Developmentally Disabled services.

**CHILD ABUSE/CHILD CARE/YOUTH DEVELOPMENT (Continued)**

**DEPARTMENT OF HUMAN SERVICES CHILD WELFARE (SCF)**

500 N. Hwy. 30, Suite 220  
 St. Helens, OR 97051  
 (800) 428-1546  
 (503) 397-3292

**DEPARTMENT OF HUMAN SERVICES SELF SUFFICIENCY PROGRAM (AFS)**

500 N. Hwy. 30, Suite 210  
 St. Helens, OR 97051  
 (800) 243-4987  
 (503) 397-1784

No Fee; Mon. - Fri. 8:00 AM - 5:00 PM

Child Protective Services:  
 child abuse/neglect;  
 complaints/investigations.

Substitute Care Services: shelter/foster care  
 (short & long term), residential treatment.

Family Services: preventative/restorative

Cash grants, case management for low-income adults and children, and medical coverage. Food stamps, basic skills, education and job training, child care assistance, self-sufficiency development, & teen information.  
 Mon. - Fri. 7:00 AM - 6:00 PM.

**DEVELOPMENTALLY DISABLED FAMILY SUPPORT**

105 S. 3rd St.  
 58646 McNulty Wy.  
 St. Helens, OR 97051  
 (800) 294-5211  
 (503) 397-5211

Support services for children with developmental disabilities and their families

**EARLY INTERVENTION**

NW Regional Education Service District  
 800 Port Ave  
 St. Helens, OR 97051  
 (503) 397-0028

Serves children from birth to 5 years who have special medical or learning needs. The programs help the children and their parents succeed. Programs are provided through the N.W. Regional Education Services District. Services are free. Call for more information.

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**CHILD ABUSE/CHILD CARE/YOUTH DEVELOPMENT (Continued)**

**HEAD START**

Community Action Team, Inc.  
 108 W. "B" Street  
 P.O. Box 10  
 Rainier, OR 97048  
 (800) 352-7933  
 (503) 556-3736

A free comprehensive preschool program for families within the federal poverty guidelines. Children must be three or four years old by September to qualify. The program serves Clatsop, Tillamook and Columbia Counties, call for more information.

Head Start Admin.	556-3736
Rainier	556-2807
St. Helens	397-4114
Clatskanie	728-2940
Vernonia	429-9243

**HEALTHY START PROGRAM**

Community Action Team, Inc.  
 125 N. 17th St.  
 St. Helens, OR 97051  
 (503) 366-0800

Healthy Start can provide information about prenatal, infant care and development, and services in the community for families with young children. Information can be provided over the phone, in the mail, or through home visits. The staff includes specially trained home visitors and a public health nurse available for consultation.

**KID CARE PROGRAM**

Community Action Team, Inc.  
 125 N. 17th St.  
 St. Helens, OR 97051  
 (503) 366-6545  
 (503) 543-6828

Extended day child care program for children (K-6th grade) enrolled in public schools. The program currently operates one site:  
 Scappoose (503) 543-6828  
 2:30 PM - 6:30 PM

**RAINIER LITTLE RASCALS ACADEMY**

308 3rd St. West  
 Rainier, OR 97048  
 (503) 556-2787

Certified child care center for children ages 6 weeks to 12 years.

**REACH**

McBride School  
 2774 Columbia Blvd.  
 St. Helens, OR 97051  
 (503) 396-6302 Teresa Gerdis

Comprehensive educational safe after-school and summer special event programs for ages 3-21 years. REACH has a wide variety of programs ranging from youth sports, family and special events; character development. Call for more information.



**CHILD ABUSE/CHILD CARE/YOUTH DEVELOPMENT (Continued)**

<p><b>SNOOPEELAND CHILD DEVELOPMENT CENTER</b> 174 Sunset Blvd. St. Helens, OR 97051 (503) 397-0566</p>	<p>Infant and toddlers 6 wks. – 30 months. Pre-school for 3 and 4 year olds; 2 1/2 years through 12 years (Potty Trained); Kindergarten - Fall; Day Care; Before/After Summer School Mon. - Fri. 6:00 AM - 6:30 PM</p>
<p><b>SONSHINE PRESCHOOL</b> 58251 S. Division St. Helens, OR 97051 (503) 397-1739</p>	<p>Pre-school for 3 and 4 year olds: 3 year old: Tue. and Thur. 7:00 AM - 11:00 AM; 4 year old: Mon, Wed, and Fri; 8:45 AM - 11:15 AM 12:15 PM - 2:45 PM</p>
<p><b>THE TOT SPOT</b> 2365 Columbia Blvd. St. Helens, OR 97051 (503) 366-5437</p>	<p>Certified childcare center for children 6 weeks to 12 years.</p>
<p><b>TIGER TOWN PRESCHOOL</b> PO Box 85 Clatskanie, OR 97016 (503) 728-3057</p>	

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**COUNSELING/SELF-HELP**

**ATTENTION DEFICIT DISORDER (A.D.D.)** ADD/ADHD a parent support group. Meetings focus on setting the limits for children. The group meets every third Tuesday of the month, at 7:00 PM at the McBride Library.  
**ATTENTION DEFICIT HYPERACTIVE DISORDER (A.D.H.D.)** (503) 366-7700 Hank Calhoun

**ALCOHOL** (See Columbia Community Mental Hlth pages 12 and 19)

**ALZHEIMER'S SUPPORT GROUP** Support group meetings.  
 Avamere  
 2400 Gable Rd.  
 St. Helens, OR 97051  
 (503) 366-8070 Alice Stonebrook

**AMANI CENTER**  
**COLUMBIA COUNTY**  
**CHILD ABUSE ASSESSMENT**  
 36200 Pittsburg Rd., Suite D  
 PO Box 1001  
 St. Helens, OR 97051  
 (503) 366-4005  
 Provides assessment, support, and therapy services for child abuse victims and victims of domestic violence age 0-18 years. Also provides counseling, information and referral, safety planning, and advocacy services.

**BETTER BUSINESS BUREAU** Serves Statewide and SW Washington.  
 333 SW 5th, Suite 300  
 Portland, OR 97204  
 (503) 226-3981

**BOYS AND GIRLS AID SOCIETY** Provides counseling and other services to women who are pregnant and in need of help.  
 018 SW Boundary Ct.  
 Portland, OR 97239  
 (800) 342-6688

**CARING OPTIONS** Provides referrals and assistance to put individuals, programs and organizations in touch with each other. Caring Options believes in supporting and strengthening the network of community groups in long-range planning.  
 Community Action Team, Inc  
 125 N. 17th St.  
 St. Helens, OR 97051  
 (503) 366-6542 Direct  
 (503) 397-3511 Ext. 277  
 (800) 504-2273 Astoria

**COUNSELING/SELF-HELP**

**COLUMBIA COUNTY CHILD SUPPORT SERVICES**

230 Strand St. Rm 328  
Columbia County Courthouse  
St. Helens, OR 97051  
(800) 850-0228  
(503) 397-1105

The Division of Child Support (DCS) is dedicated to establishing paternity and child support orders, and enforcing child support obligations in cases involving families who are receiving or have received public assistance, and in certain non-assistance cases. These activities have the benefit of helping children in need, encouraging family self-sufficiency, returning money to the public treasury, reducing the state's costs in providing public assistance.

**COLUMBIA COUNTY JUVENILE DEPARTMENT**

230 Strand St.  
Old Courthouse  
St. Helens, OR 97051  
(503) 397-0275

Provides rehabilitation and accountability for youth under age 18 years who have committed law violations. No cost.

**COLUMBIA COMMUNITY MENTAL HEALTH**

58646 McNulty Wy.  
P.O. Box 1234  
St. Helens, OR 97051  
(800) 294-5211 (OR & WA)  
(503) 397-5211  
(866) 866-1426 After Hrs. Crisis Line

Comprehensive mental health services for all ages; individual, family, group counseling; walk-in crisis intervention, 24-hour a day crisis phone access. Drug, alcohol and gambling prevention, & treatment programs. Psychiatric rehabilitation and housing options; Developmentally disabled services.

**COLUMBIA COUNTY VICTIM'S ASSISTANCE PROGRAM**

230 Strand Rm. 328  
St. Helens, OR 97051  
(877) 421-5700  
(503) 366-3914 **General Svcs.**  
(503) 366-3916 **Domestic Violence Svcs.**

General assistance to crime victims, referrals for professional counseling, and financial assistance. Assistance and Information to victims of crime throughout the criminal justice process.

**COLUMBIA COUNTY WOMEN'S RESOURCE CENTER (The Starting Place)**

PO Box 22  
St. Helens, OR 97051  
(866) 397-6161 Toll Free Crisis Line  
(503) 397-7110 Office

Shelter, legal advocacy, support groups, parenting, domestic violence and life skills classes, advocate for victims of family violence and/or sexual assault and other crisis. Support groups Mon - Fri 8:00 AM to 4:00 PM.

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**COUNSELING/SELF-HELP (Continued)**

**COURT APPOINTED SPECIAL ADVOCATE (C.A.S.A.)**

800 Port Ave  
 St. Helens, OR 97051  
 (503) 397-0028 Ext 233

Volunteers acting to support the best interests of children who are in the court system as a result of abuse and neglect. Call for more information.

**DEPARTMENT OF HUMAN SERVICES CHILD WELFARE (SCF)**

(503) 397-3292

Child Protective Services:  
 child abuse/neglect;  
 complaints/investigations.

No Fee; Mon.-Fri. 8:00 AM-5:00 PM

Substitute Care Services: shelter/foster care (short and long term), residential treatment.

Family Services: preventative/restorative

**DRUGS**

(See Columbia Community Mental Hlth pages 7, 12, 19 and 31)

**FEDERAL VETERAN'S ADMINISTRATION**

1220 SW 3rd Avenue  
 Portland, OR 97204  
 (800) 827-1000

Provides counseling for veterans, their survivors and dependants.  
 Mon. - Fri. 9:00 AM - 4:00 PM

**LACTATION SERVICES**

Legacy Lactation Services  
 (503) 413-2800 (Emanuel)  
 (503) 413-7533 (Good Samaritan)  
 (503) 692-7509 (Meridian Park)  
 (503) 674-1500 (Mt. Hood)

Helps with decisions in breastfeeding or have specific questions or concerns. Call Legacy Lactation Services and talk with a specialist. Learning to Breastfeed classes are available.

**NATIVE AMERICAN REHABILITATION ASSOCIATION/NARA NORTHWEST**

Old Holbrook School  
 17645 NW St. Helens Hwy. 30  
 Portland, OR 97231  
 (503) 621-1069

Residential chemical dependency facility for Native Americans and others as space becomes available; 60-day to 6-month program.

## COUNSELING/SELF-HELP (Continued)

- NORTHWEST BEHAVIORAL HEALTHCARE** Services for teens 12-17 years of age.  
(800) 527-3303  
(503) 722-4470
- NORTHWEST HUMAN SERVICES** 24-Hour crisis intervention and confidential referrals; TTD 588-5833.  
1073 Oak Street SE  
Salem, OR 97301  
(800) 560-5535 Crisis Hotline  
(503) 581-5535 Info Hotline/Crisis
- OREGON HIV ADVOCACY CTR.** Provides information about and referrals to local resources available to those with AIDS. Provides human and emotional support as well. Provides support and advocacy for medical treatment, discrimination action, social services, financial matters, housing, and social support.  
Cascade Aids Project  
620 SW 5th, Suite 300  
Portland, OR 97204  
(800) 777-2437 Hotline  
Mon. - Fri. 9:00 AM – 6:00 PM.  
Sat. 12:00 - 6:00 PM
- OREGON STATE VICTIM'S OF SEX OFFENDERS** Offers counseling. Need victim ID number.  
(800) 551-2934  
Mon. - Fri. 8:00 AM - 5:00 PM.  
(Excluding Holidays)
- PARENTS ANONYMOUS HELPLINE** For parents coping with fear of losing control with children. Confidential phone support and referral to local agency. 24-Hour Hotline. No cost - No restrictions.  
Morrison Child & Family Services  
Portland, OR 97232  
(503) 258-4557
- PARENT'S PLACE** Parent's Place provides age appropriate parenting groups for parents/caregivers of infants and toddlers through age three, with specific interest groups such as fathers, parents of twins and teen parents. CPR, Infant Massage, Seminars on topics of interest to parents such as Communication, Guilt, Stress, Anger and Discipline. Call office to be directed to appropriate persons.  
928 23rd  
Longview, WA 98632  
(360) 414-9212

## TRANSPORTATION

- COLUMBIA COUNTY RIDER** Serves Scappoose, St. Helens, Rainier, Columbia City, Vernonia, and Clatskanie.  
(888) 462-6526  
(503) 366-0159
- METRO WEST** Serves Clatskanie, Rainier and Vernonia areas.  
(503) 648-6658
- GREYHOUND BUS TERMINAL**  
(800) 231-2222
- NORTHWEST RIDE CENTER** Transportation for Medicaid clients on the Oregon Health Plan Plus.  
Medicaid Clients  
(866) 811-1001  
(503) 861-0657

## VETERAN'S SERVICES

- COLUMBIA COUNTY VETERANS SERVICES** Veteran services office is available to all veterans residing in Columbia County. The program provides free information and referral services, advocacy and assistance, support and representation.  
Community Action Team  
125 N. 17th St.  
St. Helens, OR 97051  
(503) 366-6580
- OREGON DEPARTMENT OF VETERANS AFFAIRS** Provides free benefits counseling and claims services to veterans, survivors and dependants.  
Federal Building  
1220 SW 3rd Avenue  
Portland, OR 97204  
(503) 412-4777  
[www.orvetsbenefits@odva.state.or.us](mailto:www.orvetsbenefits@odva.state.or.us)  
Veteran Benefits (800) 692-9666  
[www.orvetshomeloans@odva.state.or.us](mailto:www.orvetshomeloans@odva.state.or.us)  
ORVET Home Loan (888) 673-8387
- OREGON DEPARTMENT OF VETERANS AFFAIRS** Provides veteran home loans and services. Call for more information.  
700 Summer St. NE  
Salem, OR 97310  
(800) 828-8801  
[www.orvetsbenefits@odva.state.or.us](mailto:www.orvetsbenefits@odva.state.or.us)  
Veteran Benefits (800) 692-9666  
[www.orvetshomeloans@odva.state.or.us](mailto:www.orvetshomeloans@odva.state.or.us)  
ORVET Home Loan (888) 673-8387
- VETERANS HOSPITAL**  
3710 SW US Veterans Hospital Rd.  
PO Box 1034  
Portland, OR 97207  
(800) 949-1004

## SENIOR SERVICES (Continued)

### SENIOR CENTERS

#### MEDICAL SERVICES:

##### **Blood Pressure Checks**

Call Centers for more info.

##### **Foot Care**

Call Centers for more info.

##### **Hearing Aid Repair**

Call Centers for more info.

##### **Senior Center Case Managers**

Call Centers for more info.

#### CLATSKANIE

620 Tichenor  
PO Box 383  
Clatskanie, OR 97016  
(503) 728-3608

Activities: Lunch, Crafts, Quilts, & Trips.  
Case Manager 728-3608  
Transportation 728-2026  
Fax 728-3608

#### RAINIER

48 W. 7th  
Rainier, OR 97048  
(503) 556-3889

Activities: Lunch, Crafts, Cards, Cribbage,  
Local Shopping, Trips, Meals on Wheels.  
Case Manager 556-3889  
Fax 556-4635

#### SCAPPOOSE

33342 SW Meadow Dr.  
PO Box 797  
Scappoose, OR 97056  
(503) 543-2047

Activities: Lunch, Bingo, Crafts, Dancing  
Pinochle & Quilting.  
Meals on Wheels 543-6233  
Transportation 543-6233  
Case Manager 543-2047  
Fax 543-3480

#### ST. HELENS

375 S. 15th  
PO Box 692  
St. Helens, OR 97051  
(503) 397-3377

Activities: Lunch, Bible Study, Billiards,  
Bingo, Crafts, Dancing, Music, Painting.  
Meals on Wheels 397-3343  
Transportation 543-6233  
Case Manager 396-6832  
Fax 397-4795

#### VERNONIA

446 Bridge  
Vernonia, OR 97064  
(503) 429-3912

Activities: Lunch, Crafts, Senior Advocate,  
Meals on Wheels, Painting, and Dancing.  
Transportation 429-4203  
Case Manager 429-9112  
Fax 429-4912

## COUNSELING/SELF-HELP (Continued)

#### **PORTLAND VETERANS CENTER**

8383 NE Sandy Blvd., Suite 110  
Portland, OR 97220  
(800) 949-1004 (VA Medical Ctr.)  
(503) 273-5370

Outreach for veterans.

#### **SOLUTIONS CREDIT COUNSELING**

9955 SE Washington St., Suite 301  
Portland, OR 97216  
(800) 634-2227  
(503) 253-5115

Is a non-profit, budget counseling, and debt management program. Based on a sliding scale fee and contribution. No one is ever refused.

#### **THE INTEGRATED SERVICES NETWORK**

1844 Columbia Blvd., Suite K  
St. Helens, OR 97051  
(503) 397-1165

To assist clients in determining their needs and planning supports to meet them. Researching and arranging resources and supports. Assistance with financial and employment issues. Providing information that may be needed to accomplish a client's goals.

#### **VICTIMS OF SEX OFFENDERS**

(800) 551-2934

Offers counseling and support to victims.

#### **VITAL RECORDS**

(503) 731-4095 Tape  
(503) 731-4108 Orders

Provides birth, death, marriage, divorce and adoption certificates.

## EDUCATION

(Also see Child Care & Youth Development)

### COLUMBIA COUNTY SCHOOL DISTRICTS

Administration Offices:

Business Hours 8:00 AM - 4:30 PM

#### DISTRICT NO. 1J, Scappoose

33589 SE High School Wy.

PO Box V

Scappoose, OR 97056

(503) 543-6374

#### DISTRICT NO. Clatskanie

555 SW Bryant St.

Clatskanie, OR 97016

(503) 728-0587

#### DISTRICT NO. 13, Rainier

5th & E East

PO Box 160

Rainier, OR 97048

(503) 556-3777

#### DISTRICT NO. 47J, Vernonia

475 Bridge Street

Vernonia, OR 97064

(503) 429-5891

#### DISTRICT NO. 502, St. Helens

474 N. 16th Street

St. Helens, OR 97051

(503) 397-7273

### EDUCATIONAL FINANCIAL AID

(800) 621-3115

### FEDERAL STUDENT AID

(800) 433-3243

### COLUMBIA COUNTY ALTERNATIVE SCHOOL PROGRAMS:

#### SOUTH COLUMBIA LEARNING CTR.

64500 Columbia River Hwy.

Deer Island, OR 97054

At Risk High School students grade 9 –12

Contact: Gina Michelle (503) 397-0226

#### NORTH COLUMBIA ACADEMY

305 3rd West

Rainier, OR 97048

(503) 556-5041

#### COLUMBIA COUNTY EDUCATION CAMPUS

474 N. 16th Street

St. Helens, OR 97051

(503) 366-3207

#### VERNONIA LEARNING CTR.

939 Bridge St.

Vernonia, OR 97064

(503) 429-1030

Credit/Non-Credit Classes,

Community Education, Career Guidance,

Computer Labs, Art Workshops. Call for

more information or [vcclc@vernonia-or.gov](mailto:vcclc@vernonia-or.gov)

Provides information and referral.

## SENIOR SERVICES (Continued)

### OREGON NETWORK OF CARE

(800) 282-8096

Network of Care is a comprehensive internet based community resource for the elderly and people with disabilities, including their caregivers and service providers. For more information call (800) 282-8096 or visit the website at [www.oregon.networkofcare.org](http://www.oregon.networkofcare.org) [www.columbia.or.networkofcare.org](http://www.columbia.or.networkofcare.org).

### RETIRED SENIOR VOLUNTEER PROGRAM

2194 Columbia Blvd.

St. Helens, OR 97051

(503) 397-5655

Provides adults 55-years and older with volunteer opportunities in their communities. For more information call or visit the website at [www.seniorservice.org/columbia\\_rsvp](http://www.seniorservice.org/columbia_rsvp).

### SENIOR HEALTH INSURANCE BENEFITS ASSOCIATION (S.H.I.B.A.)

(800) 722-4134

(503) 543-2047 Scappoose Sponsor

(503) 397-3511 Area On Aging

Provides access to a range of information and materials through a toll-free line, provides one-on-one counseling sessions, volunteers trained to make appropriate referrals to federal, state, and county offices, and to identify potential insurance violations.

### SENIOR PRESCRIPTION HELP OFFICE

(503) 397-5252

### SOCIAL SECURITY ADMINISTRATION

Dept. of Health & Human Services

1212 SW 12th

Portland, OR 97205

(800) 772-1213

Social Security Benefits and Information.  
Mon. - Fri. 9:00 AM - 4:30 PM.

### SOCIAL SECURITY ADMINISTRATION

Dept. of Health & Human Services

1145 14th Avenue

Longview, WA 98632

(800) 772-1213

Social Security Benefits and Information,  
Supplemental Security Income.  
Mon - Fri. 9:00 AM - 4:30 PM.

## SENIOR SERVICES

### ALZHEIMER'S ASSOCIATION HELPLINE (800) 272-3900

The Alzheimer's Association Nationwide Contact Center Helpline provides reliable guidance and information 24-hour a day, seven days a week for those in need.

### COMMUNITY ACTION TEAM, INC SENIOR & RESPITE SERVICES

125 N. 17th St.  
St. Helens, OR 97051  
(503) 366-6543

Provides Respite referrals support for parents of children with special needs; Respite provider screening and training; in-home house-keeping, caregiver support and classes; congregate and home-delivered meals.

### COMPANY & CARE

PO Box 599  
St. Helens, OR 97051  
(503) 366-1806

Provides in-home assistance for seniors hourly/daily/weekly. Private pay agency offers assistance with daily tasks and keep seniors in their own homes. For more information call or visit [www.companyandcare.com](http://www.companyandcare.com)

### DEPARTMENT OF HUMAN SERVICES SENIORS & PEOPLE WITH DISABILITIES

500 N. Hwy. 30, Suite 240  
St. Helens, OR 97051  
(503) 397-5863

Adult foster homes and placement house-keeping/alternative to nursing home, nursing home placement, protective services and abuse investigation.  
Mon. - Fri. 8:00 AM - 5:00 PM.

### ELDER ABUSE

(800) 232-3020  
(503) 397-5863

Senior Division State of Oregon compliant-saints and Investigation for In-home or Institutional Abuse.

### ELDERCARE LOCATOR

National Association of Area Agencies on Aging  
1112-16th St., NW, Suite 100  
Washington, DC. 20036-4823  
(800) 677-1116

This service helps link callers up to information about community organizations that provide meals, transportation, housing, home care, legal and other community services enabling older persons to remain independent in their own homes.

### MIRACLE ON WHEELS

(800) 749-8778

Power wheelchair program for 65 year and up.

## EDUCATION (Continued)

### PARENT EDUCATION & SUPPORT PROGRAM

Community Action Team, Inc.  
108 W. B Street  
PO Box 10  
Rainier, OR 97048  
(503) 556-3736

Provides a variety of parenting training and parent support for residents of Columbia County and their families. All the Parent Education & Support programs carry 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.

### HEAD START PROGRAM

Community Action Team, Inc.  
108 W. B Street  
PO Box 10  
Rainier, OR 97048  
(503) 556-3736

Comprehensive preschool for children 3 and 4 years old from low-income families. Services include: classroom education, physical and dental exam with follow-up treatment, strong parent involvement, USDA meals and Social Services.  
Mon. - Fri 8:00 AM- 4:00 PM.

Head Start Admin.	556-3736
Rainier	556-2807
St. Helens	397-4114
Clatskanie	728-2940
Vernonia	429-9243

### HEALTHY START

Community Action Team, Inc.  
125 N. 17th St.  
St. Helens, OR 97051  
(503) 366-0800

Healthy Start provides information about prenatal, infant care and development; provides services in the community for families with young children. Information can be provided over the phone, mail, or through home visits.

### INTERNATIONAL LANGUAGE BANK

10301 NE Glisan St  
Portland, OR 97220  
(503) 234-0068

50 languages, interpretation translation for a fee. Call for more information.

### LACTATION SERVICES

Legacy Lactation Services  
(503) 413-2800

Helps with decisions on breastfeeding or have specific questions or concerns. Call Legacy Lactation Services to talk with a specialist. Learning to Breastfeed classes are available.



## EDUCATION (Continued)

**LEARNING DISABILITIES  
ASSOCIATION OF OREGON**  
(503) 968-0140

Serves as a resource referral and information center for adults with learning disabilities, parents and professionals.

**LOWER COLUMBIA COLLEGE**  
1600 Maple St.  
Longview, WA 98632  
(360) 442-2370

Reciprocal fee agreement, two year transfer degrees, two year vocational degrees, adult basic Ed/GED, continuing education.  
Mon. - Fri. 8:00 AM - 5:00 PM.

**NW REGIONAL EDUCATION  
SERVICE DISTRICT (ESD)**  
800 Port Avenue  
St. Helens, OR 97051  
(503) 397-0028

GED testing, classes for learning, disabled/developmentally, trainable mentally ill and delayed, film library for schools.

**OREGON LITERACY, INC.**  
1001 SW 5th Ave., Rm. 320  
Portland, OR 97204  
(800) 322-8715

Statewide Literacy Line serves as a referral service. Oregonians can get help with reading, writing and math, prepare for a GED, or learn English as a second language.  
[www.oregonliteracy.org](http://www.oregonliteracy.org)

**OREGON STATE UNIVERSITY  
EXTENSION SERVICE, COLUMBIA CTY.**  
505 N. Columbia River Hwy.  
St. Helens, OR 97051  
(503) 397-3462

Information, Workshops, Forestry, Home Economics, Agriculture, 4-H Groups. Teen livestock mentoring program.

**PORTLAND COMMUNITY COLLEGE**  
PO Box 1900  
Portland, OR 97280  
(866) 922-1010

Admission, Registration, Class Schedules, Academic Calendars, Majors, Programs, Classes, Distance Education. Call for more information.

**REACH**  
McBride Elementary  
2774 Columbia Blvd.  
St. Helens, OR 97051  
(503) 396-6302  
(503) 366-7700

Educational opportunity; science technology and art; tutoring literacy, vocational training and reading.

## RECREATIONAL ACTIVITIES (Continued)

**ST. HELENS LIBRARY**  
Columbia Center  
375 S. 18th, Suite A  
St. Helens, OR 97051  
(503) 397-4544 Ext 1

Tue. - Thur. 10:00 AM - 8:00 PM  
Fri. 10:00 AM - 6:00 PM  
Closed Sat. Sun. and Mon.  
Call for more information

**VERNONIA LIBRARY**  
1001 Bridge St.  
Vernonia, OR 97064  
(503) 429-1818

Mon. 10:00 AM - 5:00 PM  
(10:30 AM Pre School reading)  
Tue. & Thur. 2:00 PM - 7:00 PM  
Wed. 10:00 AM - 5:00 PM  
Fri. 10:00 AM - 5:00 PM  
Sat. 10:00 AM - 2:00 PM

## RECREATIONAL ACTIVITIES (Continued)

### GIRL SCOUTS OF AMERICA

Pacific Peaks Council  
DuPont, WA 98327  
(800) 541-9852  
(360) 423-3800

Girl Scouts prepares girls for tomorrow, teaching career-oriented skills of leadership, responsibility and group participation.

### OREGON STATE LIBRARY FOR BLIND

250 Winter St.  
Salem, OR 97301  
(800) 452-0292

### PSU FILM VIDEO LIBRARY

(503) 725-3065

### RAINIER LIBRARY

City Hall  
106 West B  
PO Box 100  
Rainier, OR 97048  
(503) 556-7301

Mon.- Thur. 9:30 AM - 5:00 PM  
Fri. 10:00 PM - 5:00 PM  
(Closed for Lunch 12:00 PM - 1:00 PM)

### REACH

McBride School  
2774 Columbia Blvd.  
St. Helens, OR 97051  
(503) 396-6302 Teresa Gerdis

Various activities throughout the year for 3 to 21 year of age. Call for more information.

### RIVERSIDE TRAINING CENTER

105 Port (Main Ofc.)  
P.O. Box D  
St. Helens, OR 97051  
(503) 397-1922

Recreational events for people with developmental disabilities.

### SCAPPOOSE LIBRARY

52469 SE 2nd  
PO Box 400  
Scappoose, OR 97056  
(503) 543-7123

Mon. & Tue. 2:00 PM - 6:00 PM  
Fri. 11:30 AM - 8:00 PM  
Sat. 9:00 AM - 1:00 PM

## EMERGENCY SERVICES

### AMERICAN RED CROSS

3131 N. Vancouver Ave.  
Portland, OR 97227  
(800) 991-9515  
(503) 284-1234 24 Hrs.

Provides emergency assistance to victims of disaster.

### COLUMBIA COMMUNITY MENTAL HEALTH

58646 McNulty Wy.  
P.O. Box 1234  
St. Helens, OR 97051  
(800) 294-5211(OR & WA)  
(503) 397-5211  
(866) 866-1426 After Hrs. Crisis Line

Walk-in crisis/suicide intervention and 24-hour a day crisis/suicide telephone access.

### COLUMBIA COUNTY WOMEN'S RESOURCE CENTER

The Starting Place  
PO Box 22  
St. Helens, OR 97051  
(866) 397-6161 Hotline  
(503) 397-6161 Crisis line

Shelter, legal advocacy, and women's crisis for domestic violence of sexual assault. Collect calls accepted.

### COLUMBIA COUNTY VICTIMS ASSISTANCE PROGRAM

230 Strand Rm. 328  
St. Helens, OR 97051  
(877) 421-5700  
(503) 366-3914 **General Svcs.**  
(503) 366-3916 **Domestic Violence Svcs.**

General assistance to crime victims, referrals for professional counseling and financial assistance. Assistance and Information to victims of crime throughout the criminal justice process.

### COMMUNITY ACTION TEAM, INC.

125 N. 17th St.  
St. Helens, OR 97051  
(503) 397-3511

Information and Referral, NOHA applications, Low-Income Housing list, Emergency Housing Assistance, Energy Assistance, Child Care Referrals.

### DHS SELF SUFFICIENCY PROGRAM (AFS)

500 N. Hwy. 30, Suite 210  
St. Helens, OR 97051  
(800) 243-4987  
(503) 397-1784

Case management for low-income adults and children, cash grants and medical coverage. Basic skills, food stamps, job training and education, self-sufficiency development, teen information and childcare assistance.

## EMERGENCY SERVICES (Continued)

### DHS SENIORS & PEOPLE WITH DISABILITIES

500 N. Hwy. 30, Suite 240  
St. Helens, OR 97051  
(503) 397-5863

Emergency food stamps, and medical assistance for senior citizens, and persons with disabilities.

### EMERGENCY RENTAL ASSISTANCE

Community Action Team, Inc.  
125 N. 17th St.  
St. Helens, OR 97051  
(503) 366-6546

Provides emergency rental assistance for homeless, eviction prevention, NOHA applications, Emergency housing. Call for an appointment

### EMERGENCY SERVICES PROGRAMS

Community Action Team, Inc.  
125 N. 17th St.  
St. Helens, OR 97051  
(503) 397-4951

Emergency utility shut-offs.

### EMERGENCY MANAGEMENT

(Columbia County Courthouse)  
(503) 366-3905

Emergency plan of evacuation in case of flood, nuclear disaster, etc. Call for more information.

### EMERGENCY SUPPORT SHELTER

304 Cowlitz Way  
PO Box 877  
Kelso, WA 98626  
(360) 425-1176

Shelter house, legal advocacy, women's crisis for domestic violence or sexual assault, accepts collect calls. Crisis Line (360) 636-8471.

### FIRE DEPARTMENTS:

#### BIRKENFIELD/MIST FIRE DISTRICT

(503) 755-2710 / 911 Emergency

#### SCAPPOOSE FIRE DISTRICT

(503) 543-5026 / 911 Emergency

#### CLATSKANIE FIRE DISTRICT

(503) 728-2025 / 911 Emergency

#### COLUMBIA RIVER FIRE RESCUE (ST. HELENS)

(503) 397-2990 / 911 Emergency

#### COLUMBIA RIVER FIRE RESCUE (RAINIER)

(503) 556-0406 / 911 Emergency

#### VERNONIA FIRE DISTRICT

(503) 429-8252 / 911 Emergency

## RECREATIONAL SERVICES

### BOY SCOUTS OF AMERICA

Cascade Pacific Council  
2145 S.W. Naito Parkway  
Portland, OR 97201  
(503) 226-3423

Adults volunteer mentors help deliver the Scouting Program that helps to connect youth with communities and families. Scouting focuses on building self-esteem, places value on community service and provides an opportunity for kids to build lifetime friendships and memories. Scouting also is dedicated to serving diverse youth in communities with "at risk" kids. Mon. - Fri. 8:30 AM-5:30 PM; Sat. 10:00 AM - 4:00 PM.

### CAMP FIRE BOYS & GIRLS

1407 Commerce, 106 Henry Bldg.  
Longview, WA 98632  
(360) 864-4259  
(360) 425-5494

Mon. - Fri. 9:00 AM - 5:00 PM

### CLATSKANIE LIBRARY

1 Library Access Rd  
Clatskanie, OR 97016  
(503) 728-3732

Mon, Tue, Wed. 10:00 AM - 7:00 PM  
Thur. & Fri. 10:00 AM - 5:30 PM  
Sat. 10:00 AM - 3:00 PM

### COLUMBIA LEARNING CENTER

375 S. 18th  
St. Helens, OR 97051  
(503) 397-1139 Ext 2

Computer center, internet service provider, computer classes, computers available to the public for \$5 per hour, copying, scanning, and web design.

Mon. - Fri. 9:00 AM - 6:00 PM  
Tue. & Thur. 9:00 AM - 1:00 PM

### 4-H YOUTH PROGRAMS

Columbia County Extension Office  
505 N. Columbia River Hwy  
St. Helens, OR 97051  
(503) 397-3462

4-H serves as an informal, practical, learning-by-doing education program for youth. The purpose of 4-H is to assist youth in acquiring knowledge, developing life skills, and forming attitudes that will enable them to become self-directing, productive members of society.

### GIRL SCOUTS OF AMERICA

Columbia River Council  
PO Box 2427  
Lake Oswego, OR 97035  
(800) 338-5248

Girl Scouts prepares girls for tomorrow, teaching career-oriented skills of leadership, responsibility and group participation.

## PRESCRIPTIONS ASSISTANCE (Web Sites)

<a href="http://www.needymeds.com">www.needymeds.com</a>	Information of patient assistance programs and links to many other programs such as Medicaid, Medicare, AARP, etc.
<a href="http://www.benefitscheckup.org">www.benefitscheckup.org</a>	A service of the National Council on Aging.
<a href="http://www.rxassist.org">www.rxassist.org</a>	A national program supported by the Robert Wood Johnson Foundation to help patients and providers access prescription drug assistance programs.
<a href="http://www.rxhope.com">www.rxhope.com</a>	A service associated with PhRMA, a group of drug companies offering patient assistance programs.
<a href="http://www.meddataservices.com">www.meddataservices.com</a>	A prescription assistance program to provide doctors and patients with information needed to apply for free medications.
<a href="http://www.phrma.org/pap/">www.phrma.org/pap/</a>	An association of drug companies, providing links to various patient assistance programs.
<a href="http://www.themedicineprogram.org">www.themedicineprogram.org</a>	A volunteer organization dedicated to helping people find patient assistance programs.
<a href="http://www.oregonshiba.org">www.oregonshiba.org</a>	Oregon Senior Health Insurance Benefits Assistance (SHIBA), a statewide network of volunteers who educate, assist and serve as advocates for people with Medicare.
<a href="http://www.familywize.com">www.familywize.com</a>	The FamilyWize Prescription Drug Discount Card enables you to receive discounted pricing on prescription drugs. The program offers immediate discounts on prescription drugs at participating pharmacies. Simply present your card with each prescription from your doctor to the participating pharmacy at the time of purchase to receive your discounts.
<a href="http://www.opdp.org">www.opdp.org</a>	OPDP is a State Prescription Drug Purchasing Pool that offers a discount card. All Oregonians may join and there is no cost to enroll.

## EMERGENCY SERVICES (Continued)

### FOOD PANTRIES:

<b>HELP, Inc.</b> 474 Milton Way St. Helens, OR 97051 (503) 397-9708	Emergency food Mon. - Thur. 9:00 AM - 1:00 PM
<b>ST. VINCENT DEPAUL</b> 51555 SW Old Portland Rd. Scappoose, OR 97056 (503) 543-7495 Ext. 15	Emergency food Mon. and Thurs. 1:00 PM - 3:00 PM
<b>TURNING POINT, Inc.</b> 220 East Columbia River Hwy. PO Box 773 Clatskanie, OR 97016 (503) 728-3126	Emergency food, clothing, power and water shutoffs, and evictions. Thrift Store: Mon. - Fri. 10:00 AM - 3:00 PM
<b>VERNONIA CARES</b> 627 Adams Ave. PO Box 126 Vernonia, OR 97064 (503) 429-1414	Food Pantry: Mon. Tue. Thur. & Fri. 11:00 - 3:00 PM Food Pantry - <b>Closed Wednesdays</b>
<b>OREGON TELEPHONE ASSISTANCE PUBLIC UTILITIES COMMISSION (OTAP)</b> 350 Winter Street Salem, OR 97310 (800) 848-4442	Emergency food only Tue. and Thur. 10:00 AM - 2:00 PM
	Covers one half of the amount of link up or \$30 maximum, whichever is less. Will pay \$7 reduction on monthly surcharge. Must meet income qualifications.

## EMERGENCY SERVICES (Continued)

### ***POLICE SERVICES:***

#### **CLATSKANIE POLICE DEPARTMENT**

Clatskanie, OR 97016  
(503) 728-2145 / 911 for Emergencies

#### **COLUMBIA CITY POLICE DEPARTMENT**

1840 2nd St.  
Columbia City, OR 97018  
(503) 397-4010 / 911 for Emergencies

#### **COLUMBIA COUNTY COMMUNITY CORRECTIONS**

901 Port Avenue  
St. Helens, OR 97056  
(503) 397-6253

#### **COLUMBIA 911 COMMUNICATIONS DIST.**

397-7255 Admin. Office  
(800) 696-7795 or  
(503) 397-1521 Non-Emergency Dispatch

#### **OREGON STATE POLICE SERVICES**

Dispatch (503) 397-3131

#### **RAINIER POLICE DEPARTMENT**

106 W. B Street  
Rainier, OR 97048  
(503) 556-3644 / 911 for Emergencies

#### **ST. HELENS POLICE DEPARTMENT**

150 S. 13th  
St. Helens, OR 97051  
397-3333 / 911 for Emergencies

Mon. - Fri. 8:00 AM - 5:00 PM,  
Emergency 911.

#### **SCAPPOOSE POLICE DEPARTMENT**

33568 E. Columbia Ave  
Scappoose, OR 97056  
(503) 543-3114 / 911 for Emergencies

After 5 PM, Weekends, & Holidays  
(800) 696-7795.

## MULTI-SERVICE PROGRAMS & GUIDES (Continued)

#### **COMMUNITY YOUTH DEVELOPMENT COMMUNITY RESOURCE DIRECTORY** (206) 543-4507

For more information contact Community Youth Development Study University of Washington (800) 332-0340 or visit the website at [www.sdrj.org](http://www.sdrj.org).

#### **OREGON NETWORK OF CARE** (800) 282-8096

Network of Care is a comprehensive internet based community resource for the elderly and people with disabilities, including their care-givers and service providers. This website provides an extensive directory to put people in touch with the right services at the right time. It also offers vital information about assistive devices, care-giving, day-to-day challenges and disease. For more information call (800) 282-8096 or visit the website at [www.oregon.networkofcare.org](http://www.oregon.networkofcare.org) or [www.columbia.or.networkofcare.org](http://www.columbia.or.networkofcare.org).

#### **SENIOR & RESPITE SERVICES GUIDE** Community Action Team 125 N. 17th St. St. Helens, OR 97051 (503) 366-6543

Senior and Respite Services Guide provides information for seniors on services available to them in Columbia County. For more information call (503) 366-6543.

## MULTI-SERVICE PROGRAMS & GUIDES

### CLATSOP COMMUNITY ACTION TEAM

364 Ninth Street  
Astoria, OR 97103  
(503) 325-1400

Emergency food; assistance with prescriptions, rent and energy bills; gas vouchers; referral. Case Management, transitional housing; Support for first-time parents to develop healthy, strong families. For more information call (503) 325-1400 or [www.ccaservices.org](http://www.ccaservices.org)

### COMMUNITY ACTION RESOURCE ENTERPRISES

2211 Eleventh  
Tillamook, OR 97141  
(503) 842-5261

Emergency food; assistance with prescriptions, rent and energy bills; gas vouchers; referral. Case Management, transitional housing; Support for first-time parents to develop healthy, strong families. For more information call (503) 842-5261 or visit the website at [www.careinc.org](http://www.careinc.org)

### COMMUNITY ACTION TEAM RESOURCE GUIDE

125 N. 17th St.  
St. Helens, OR 97051  
(503) 397-3511

Community Action Team's Resource Directory provides comprehensive information to individuals and families in Columbia County locating rental assistance, food pantries, utility assistance, mental health services, parenting resources, and much more. For more information or to receive a Directory call (503) 397-3511 or visit the website at [www.cat-team.org](http://www.cat-team.org)

### 211 INFO

621 SW Alder, Suite 810  
Portland, OR 97205  
(503) 226-3099

211 provides individuals and families with access to quality information about health and human services resources at all times for Multnomah, Washington, Clackamas, and Clark Counties. 211 connects you with appropriate and available referrals to find the help you need including such resources as food, shelter, employment or health care. Call for more information or visit the website at [www.211info.org](http://www.211info.org)

## EMERGENCY SERVICES (Continued)

### POLICE SERVICES: (continued)

#### SHERIFF DEPARTMENT

901 Port Ave.  
St. Helens, OR 97051  
(503) 366-4611 / Jail 366-4630

#### VERNONIA POLICE DEPARTMENT

919 Bridge  
Vernonia, OR 97064  
(503) 429-7335 / 911 for Emergencies

#### SALVATION ARMY

1785 NE Sandy Blvd.  
Portland, OR 97232  
(503) 234-0825  
(503) 239-1224

Provides services for prescriptions, job transportation, medical appointments; provides motel rooms for people who need shelter.

#### SALVATION ARMY

*Clatskanie Police Dept.*  
PO Box 9  
Clatskanie, OR 97016  
(503) 728-2145

Provides services for motel rooms for people who need shelter, and gas.

#### SALVATION ARMY

*Scappoose Police Dept.*  
PO Box "P"  
Scappoose, OR 97056  
(503) 543-3114

Provides services for prescriptions, job transportation, medical appointments, provides motel rooms for people who need shelter.

#### SALVATION ARMY

*St. Helens Police Dept.*  
150 S. 13th  
St. Helens, OR 97051  
(503) 397-3333

Provides limited emergency funds to assist clients on a "one time basis only" for prescriptions, groceries, and gas.

#### SALVATION ARMY

*Rainier Police Dept.*  
PO Box 399  
Rainier, OR 97048  
(503) 556-3644

Provides limited emergency funds to assist clients on a "one time basis only" for groceries, hotel, and gas.

## EMERGENCY SERVICES (Continued)

### **SALVATION ARMY**

#### *True Value*

834 Bridge St.  
Vernonia, OR 97064  
(503) 429-6364

Provides services for prescriptions, medical appointments, job transportation; provides motel rooms for people who need shelter.

### **UNITED WAY INFORMATION & REFERRAL**

(503) 222-5555

Information and Referral.

### **UNITED WAY OF COLUMBIA COUNTY**

305 3rd W. Rm. 17  
PO Box 538  
Rainier, OR 97048  
(503) 556-3614  
(503) 556-1855 Fax

Information and Referral agency for Columbia County.  
[www.unitedwayofcolumbiacounty.com](http://www.unitedwayofcolumbiacounty.com)

## MULTI-CULTURAL SERVICES

### **ENCUENTRO FAMILY SERVICE CTR.**

1310 Meridian Dr.  
Woodburn, OR 97071  
(503) 980-6653

Is a bilingual, bicultural mental health treatment program for children and families. Call for more information.

### **ENCUENTRO FAMILY SERVICES CTR.**

PO Box 20400  
Keizer, OR 97307  
(503) 981-4214

Is a bilingual, bicultural mental health treatment program for children and families. Call for more information.

### **ETHNIC SUPPORT COUNCIL CTR.**

1526 Commerce Street  
Longview, WA 98632  
(360) 636-2791

A project of the nonprofit Ethnic Support Council that offers information and referral about local, state and national refugee programs, cultural background, voluntary agencies, referrals for health and social services. Provides paid interpreters/and or translators certified through the Dept. of Social Services. Call for more information.

### **NATIVE AMERICAN REHABILITATION ASSOCIATION/NARA NORTHWEST**

Old Holbrook School  
17645 NW, St. Helens Hwy. 30  
Portland, OR 97231  
(503) 621-1069

Residential chemical dependency facility for Native Americans; sixty days to six months program.

### **OREGON MIGRANT EDUCATION SERVICE CENTER**

2611 Pringle Rd. SE  
Salem, OR 97302  
(800) 234-8848  
(503) 385-4678

Assist children and families who have moved across school district lines in the past six years to obtain or apply for seasonal or agricultural work. Employment eligible for services includes: fishing, timber, cannery workers, and any other type of agricultural work.

### **ORGANIZATION OF THE FORGOTTEN AMERICAN**

P.O. Box 1257  
Klamath Falls, OR 97601  
(800) 662-8656  
(541) 882-4441

Provides employment services to people who are Native American over 18 years of age. Must meet income criteria.

## LONGVIEW SERVICES (Continued)

### PEACEHEALTH WOMEN'S CENTER

1660 Delaware  
Longview, WA 98632  
(360) 414-2800

OBGYN care.

### PSA HEALTHCARE

ARO Health Services  
Premier Certified Home Health  
(800) 894-2273 Washington Only

Comprehensive home health care services, private duty and medicare certified. Skilled nursing, rehabilitation therapies, respite care, referrals, pediatric care, home health aide, and case management.

### SALVATION ARMY

1639 10th Avenue  
Longview, WA 98632  
(360) 423-3990

Food boxes available: Mon., Wed., & Fri. 1:00 PM - 3:00 PM for the Cowlitz County.

### SOCIAL SECURITY ADMINISTRATION

828 12th Ave  
Longview, WA 98632  
(800) 772-1213

### ST. JOHN'S MEDICAL CENTER

1615 Delaware St.  
Longview, WA 98632  
(360) 423-1530

### WASHINGTON EMPLOYMENT DIVISION

711 Vine  
Kelso, WA 98626  
(360) 577-2250

## EMPLOYMENT

### COLUMBIA LEARNING CENTER

375 S. 18th  
St. Helens, OR 97051  
(503) 397-1139

Provides classes for business training.

### COMMUNITY ACCESS

1815 NW 169th Place , Suite 1060  
Beaverton, OR 97006  
(503) 533-4373  
(503) 366-0381 St. Helens

Group homes and vocational services for the developmentally disabled. Programs available in Clatskanie, St. Helens, and Scappoose.

### EMPLOYMENT DIVISION Customer Information Line

(800) 237-3710

Provides information and referral.

### DEPARTMENT OF HUMAN SERVICES VOCATIONAL REHABILITATION

500 N. Hwy 30, Suite 210  
St. Helens, OR 97051  
(503) 397-1784

Vocational Training.

### EXPERIENCE WORKS, INC. Oregon Employment Dept.

450 Marine Dr., Suite 110  
Astoria, OR 97103  
(503) 325-4821 Ext 242

Coordinates Senior Citizens Community Services Employment program. Must be 55 years of age or older to be eligible, U.S. Citizen and meet income guidelines as defined by the Dept. of Labor.

### MANAGEMENT TRAINING CORPORATION M.T.C.

500 N. Columbia Rvr., Hwy., Suite 300  
St. Helens, OR 97051  
(503) 397-6495

Skill and interest assessment training services for job search skills, applications, resumes, cover letters, thank you letters and interview skills; vocational training in computer skills, clerical; basic skills with GED prep, reading and math enhancement.  
Mon - Fri. 8:00 AM -5:00 PM.

### OREGON STATE EMPLOYMENT DEPARTMENT

500 N. Hwy. 30, Suite 320  
St. Helens, OR 97051  
(800) 237-3710 Hotline  
(503) 397-4995

Provides employment services for people who are unemployed, under employed or who are looking for employment. Includes: work-shops, education for preparing resumes and applications, building interview and job search skills.  
Mon. - Fri. 8:00 AM - 5:00 PM



**EMPLOYMENT (Continued)****ORGANIZATION OF THE FORGOTTEN AMERICAN**

4509 S. 6th St., Suite 206  
Klamath Falls, OR 97603  
(800) 662-8656

Provides employment services to people who are Native American over 18 years of age. Must meet income criteria.

**RETIRED SENIOR VOLUNTEER PROGRAM R.S.V.P.**

2194 Columbia Blvd.  
St. Helens, OR 97051  
(503) 397-5655

(See Senior Services page 60)  
Mon. - Fri. 9:00 AM - 4:00 PM

**RIVERSIDE INDUSTRIES**

105 Port Ave, PO Box D  
St. Helens, OR 97051  
(503) 397-1922

Provides job training/placement and residential accommodations to clients of Columbia and Multnomah Counties. For Group Home call 397-3433.

**WORKMAN'S COMPENSATION DIVISION**

350 Winter St. N.E.  
PO Box 14480  
Salem, OR 97310

*Injured Workers Hotline: 1-800 452-0288*

**LONGVIEW SERVICES (Continued)****GOODWILL INDUSTRIES**

**REHABILITATION CENTER** (Admin. Office)  
1030 15th Ave.  
Longview, WA 98632  
(360) 425-6929  
8:30 AM - 4:30 PM Mon - Fri

**RETAIL CENTER**

1030 15th Ave., Suite 100  
Longview, WA 98632  
(360) 425-7520  
Mon. - Sat. 9:00 AM - 9:00 PM;  
Sun. 10:00 AM - 7:00 PM

**LONGVIEW HOUSING AUTHORITY**

1207 Commerce Ave  
Longview, WA 98632  
(360) 423-0140

Section 8 Rental Assistance for disabled or low-income persons.

**LOWER COLUMBIA COLLEGE**

1600 Maple St.  
Longview, WA 98632  
(360) 442-2370

Reciprocal fee agreement WA/OR, Two year transfer degrees; two year vocational degrees; adult basic education and GED continuing education.  
Mon. - Fri. 8:00 AM - 5:00 PM

**LOWER COLUMBIA HEAD START**

(360) 442-2800

**LOWER COLUMBIA COMMUNITY ACTION COUNCIL**

1526 Commerce Ave  
PO Box 2129  
Longview, WA 98632  
(800) 383-2101  
(360) 425-3430

Provides Child Care Resource and Referrals; Career and Family Development services; Energy Assistance; Help Warehouse (food, clothing, emergency one time needs); Housing, Self Help Housing, Legal Information, Congregate and Home Delivered Meals; Nursing Home Advocacy; Transportation; Weatherization. Call for more information.

**PARENT'S PLACE**

928 23rd Ave.  
Longview, WA 98632  
(360) 414-9212

Parent's Place provides age appropriate parenting groups for parents/caregivers of infants and toddlers through age three, with specific interest groups such as fathers, parents of twins and teen parents. CPR, Infant Massage, Seminars on topics of interest to parents such as Communication, Guilt, Stress, Anger and Discipline. Please call office to be directed to appropriate persons.

## LONGVIEW SERVICES

<b>CARING PREGNANCY COUNSELING</b> 1010 Fir St. Longview, WA 98632 (360) 636-3333	Mon. - Thur. 10:00 AM - 4:00 PM (See Page 30).
<b>COMMUNITY ACTION PROGRAMS CRISIS INTERVENTION</b> 1526 Commerce Longview, WA 98632 (360) 425-3430	Social Service Agencies.
<b>COMMUNITY HOME HEALTH &amp; HOSPICE</b> 1035 11th Longview, WA 98632 (800) 378-8510 (360) 425-8510	Home health and hospice care, 24-hour availability, seven days a week. Hospice Care Center (inpatient Hospice and Respite care).
<b>COMMUNITY HOUSE ON BROADWAY</b> (360) 425-8679	Emergency Shelter.
<b>COWLITZ FAMILY HEALTH CENTER</b> 1057 12th Ave. Longview, WA 98632 (360) 636-3892	Home Family planning and birth control, pap smears, counseling and pregnancy testing, physician referrals, and the WIC program.
<b>DEPARTMENT OF SOCIAL &amp; HEALTH SERVICES (DSHS)</b> 711 Vine PO Box 330 Kelso, WA 98626 (800) 244-3170 (360) 501-2400	Food stamps, Welfare, Medical, etc. Mon. - Fri. 8:00 - 5:00 PM.
<b>EMERGENCY SUPPORT SHELTER</b> 304 Cowlitz Wy. PO Box 877 Kelso, WA 98626 (360) 425-1176 (360) 636-8471Crisis Line	Shelter house, legal advocacy, women's crisis for domestic violence or sexual assault. Accepts collect calls.
<b>FISH</b> (360) 636-1100	Food, prescriptions, electricity, and water (must initiate telephone call for services).

## FOOD PANTRIES/CLOTHING/THRIFT STORES

<b>AMERICAN RED CROSS</b> (800) 991-9515 (503) 284-1234 24 Hrs.	(See: Emergency Services page 19)
<b>THE ARC OF MULTNOMAH - CLACKAMAS</b> 619 SW 11th Avenue, Suite 106 Portland, OR 97205 (800) 379-2424 (503) 777-4736 (Pick-Ups)	Accepts used clothing, linens, small household/appliance items, books, toys, etc. All items must be clean and in reasonable condition. Call for more information.
<b>DHS SELF SUFFICIENCY PROGRAM (AFS)</b> 500 N. Hwy. 30, Suite 210 St. Helens, OR 97051 (503) 397-1784	(See Child Care and Development page 8) Food stamps for eligible households.
<b>DHS SENIOR &amp; PEOPLE WITH DISABILITIES</b> 500 N. Hwy. 30, Suite 240 St. Helens, OR 97051 (503) 397-5863	Food stamps for Seniors and disabled people with no dependents.
<b>GRACE BAPTIST CHURCH</b> 58690 Ross Rd. Warren, OR 97053 (503)397-0405	<b>Last Wednesday of the month</b> Brown Bag Day: 1:00 PM - 3:00 PM
	<b>Clothes Closet:</b> <b>124 N. 18th</b> <b>St. Helens, OR 97051</b> Tuesday 1:00 PM - 3:00 PM Saturday 1:00 PM - 3:00 PM
<b>HELP, INC.</b> Columbia Pacific Food Bank 474 Milton Way St. Helens, OR 97051 (503) 397-9708	Emergency food boxes. Mon - Thur. 9:00 AM - 1 :00 PM
<b>RAINIER UNITED METHODIST CHURCH</b> 101 East "C" Street Rainier, OR 97048 (503) 556-3440	First and third Thursday night (6:00 PM). The Rainier United Methodist Church has a Community Potluck for anyone who would like to come, you are welcome even without a food offering.

## FOOD PANTRIES/CLOTHING/THRIFT STORES (Continued)

- SCAPPOOSE SENIOR THRIFT STORE** Clothing and furniture needs.  
33511 Dutch Canyon Rd.  
Scappoose, OR 97056  
(503) 543-3281
- SENIOR CENTER THRIFT SHOP** Clothing and furniture needs.  
351 Columbia Blvd.  
St. Helens, OR 97051  
(503) 397-5386
- ST. VINCENT DEPAUL** Clothing and furniture needs.  
St. Wenceslaus Church  
51555 SW Old Portland Rd.  
Scappoose, OR 97056  
(503) 543-7495  
Clothing, household needs.  
Mon. - Sat. 9:30 AM - 5:30 PM  
Sun. 12:00 AM - 5:00 PM
- ST. VINCENT DEPAUL** Helps with emergency utility and rent.  
St. Mary's Catholic Church  
960 Missouri Street  
Vernonia, OR 97064  
(503) 429-8841  
Contact:  
WillaMae Murray (503) 429-7871
- ST. VINCENT DEPAUL HELPLINE** Help with utilities, rent, beds, furniture, etc.  
(503) 366-2267  
(Calls received by 4:00 PM will be answered the same day)
- TURNING POINT, INC.** Emergency food, clothes, household items,  
220 E. Columbia River Hwy.  
PO Box 773  
Clatskanie, OR 97016  
(503) 728-3126  
evictions, power and water shutoffs.  
Thrift Store:  
Mon. - Fri. 10:00 AM - 3:00 PM  
Food Pantry:  
Mon. Tue. Thur. & Fri. 11:00 - 3:00 PM  
Food Pantry - **Closed Wednesdays**
- VERNONIA CARES** Food only; Tues. and Thur.  
627 Adams Ave.  
P.O. Box 126  
Vernonia, OR 97064  
(503) 429-1414  
10:00 AM - 2:00 PM

## LEGAL ASSISTANCE (Continued)

- TELE-LAW TAPE LIBRARY** Consumer Protection Services.  
(800) 452-4776  
(Tapes on Legal Subjects)
- VICTIM'S ASSISTANCE PROGRAM**  
230 Strand Rm. 328  
St. Helens, OR 97051  
(503) 366-3914 **General Srvcs.**  
(503) 366-3916 **Domestic Violence Srvcs.**

## LEGAL ASSISTANCE (Continued)

### HUD FAIR HOUSING & EQUAL OPPORTUNITY (800) 877-0246

Administers fair housing laws and regulations prohibiting discrimination in public and private housing on the basis of color, religion, sex, national origin, handicap or familial status.

### LAW LIBRARY

St. Helens Courthouse  
St. Helens, OR 97051  
(503) 397-3682

Mon - Fri. 8:00 AM - 5:00 PM

### LAWYER REFERRAL SERVICE

P.O. Box 1689  
Lake Oswego, OR 97035  
(800) 452-7636

Referrals made to lawyers in the area who handle a specified area of law. Must be able to pay \$35 initial consultation fee.

### LEGAL AIDE STATEWIDE PUBLIC BENEFITS HOTLINE (800) 520-5292

Legal Aid Statewide Public Benefits Hotline open 5 days a week. For answers to questions and help solve problems with Social Security, SSI, Welfare, Food Stamps, or Medical Assistance call the public benefit hotline.  
Mon., Tue., & Thurs. 1:00 PM - 4:00 PM  
Wed., & Fri., 9:00 AM - 12:00 PM

### OREGON LEGAL SERVICES

230 NE 2nd, Suite A  
Hillsboro, OR 97124  
(503) 648-7163  
(888) 245-4091

Services provided include: housing, family, public benefits, employment, health, seniors, education, consumer, farmworker and Civil Rights, and domestic violence issues.  
Mon - Fri. 9:00 AM - 5:00 PM.

### Landlord/Tenant Problems

(503) 648-7723 (Collect Calls Accepted)

Provides information and referral for people experiencing problems with landlords.  
Mon. Wed. and Fri. 9:00 AM - 12:00 PM

### OREGON STATE BAR'S LAWYER REFERRAL SERVICE

(800) 452-7636

## HEALTH/MEDICAL

### ABORTION HOTLINE

(800) 772-9100

Confidential information about Abortion.

### AIDS HOTLINE

(800) 777-2437

Information on AIDS; All calls are confidential.

### ALCOHOL AND DRUG/MENTAL HEALTH COUNSELING AND EDUCATION

(503) 397-5211

(See Columbia Community Mental Hlth pages 12 and 19)

### ALZHEIMER'S DISEASE ASSOCIATION

1311 N.W. 21 St.  
Portland, OR 97209  
(800) 272-3900  
(503) 413-7115 24 hr.

### AMERICAN CANCER SOCIETY

0330 SW Curry Street  
Portland, OR 97239  
(800) 227-2345  
(503) 295-6422

Breast reconstruction counseling for patients, equipment loans, laryngectomy counseling and speech training, personal outreach program for mastectomy patients, transportation reimbursement, volunteer drivers.

St. Helens-Gwen Nicklous  
(503) 397-3215

### AMERICAN DIABETES ASSOCIATION

380 SE Spokane, Suite 110  
Portland, OR 97202  
(888) 342-2383  
(503) 736-2770

### AMERICAN HEART ASSOC. OF OREGON

1200 NW Naito Pkwy, Suite #220  
Portland, OR 97232  
(800) 452-9445  
(503) 233-0100

Information and Education, CPR Instructor Training, Films.  
Mon. - Fri. 8:30 AM - 5:00 PM.

### AMERICAN LUNG ASSOCIATION OF OREGON

7420 SW Bridgeport Rd #220  
Tigard, OR 97224  
(800) 586-4872

The mission of the American Lung Assoc. is to prevent lung disease and promote lung health. The American Lung Assoc. has many programs and strategies for fighting lung disease.

**HEALTH/MEDICAL (Continued)**

<b>AMERICAN RED CROSS</b> 3131 N. Vancouver Ave Portland, OR 97227 (800) 991-9515 (503) 284-1234 24-Hour	Provides emergency assistance to victims of disaster.
<b>AMERICAN SIDS INSTITUTE HOTLINE</b> (800) 232-7437	Sudden Infant Death Syndrome.
<b>ARC OF OREGON</b> 1745 State Street Salem, OR 97301 (503) 581-2726	Advocating for Oregonians with cognitive, intellectual and developmental disabilities.
<b>ARTHRITIS FOUNDATION</b> 4412 SW Barbur Blvd., Suite 220 Portland, OR 97201 (800) 283-7800	Information and education referrals, aquatic exercise, self-help living skills, and juvenile programs.
<b>BIRTH RIGHT</b> 1515 NE 41st Portland, OR 97232 (800) 550-4900 Hotline (503) 249-5801	No fee, pregnancy testing, counseling, labor and delivery classes, vitamins, referrals, maternity and baby clothes.
<b>BLOOD PRESSURE CHECKS</b>	(See Senior Centers, page 62)
<b>BOYS &amp; GIRLS AID SOCIETY OF OREGON</b> 018 SW Boundary Court Portland, OR 97239 (877) 932-2734 (503) 542-2308	Adoption Services; Special Needs Adoption Coalition; Girls leadership and development; Girls opportunity groups. SUN (Schools Uniting Neighborhoods) Schools; Crisis Services; Foster Care. Call for more information.
<b>COMMUNITY ACTION TEAM, INC RESPITE &amp; SENIOR SERVICES</b> 125 N. 17th St. St. Helens, OR 97051 (503) 366-6543	Senior services, friendly visiting, grocery shopping, in home assistance, meal preparation and transportation.
<b>CARING PREGNANCY COUNSELING</b> 1010 Fir St. Longview, WA 98632 (360) 636-3333	No fee pregnancy testing, counseling, maternity clothes, baby clothes, diapers, strollers & high chairs. Mon - Thur., 10:00 AM - 4:00 PM

**LEGAL ASSISTANCE**

<b>BETTER BUSINESS BUREAU</b> 333 SW 5th Avenue, Suite 406 Portland, OR 97204 (503) 226-3981	State Wide and SW Washington Mon. - Fri. 9:00 AM - 4:00 PM.
<b>CITIZEN'S REPRESENTATIVE OFC.</b> Government Ofc. State of Oregon (503) 378-4582	Provides public with access for questions, opinions about or problems with state agencies and state government functions.
<b>COLUMBIA COUNTY LEGAL AID</b> 270 S. 1st Street PO Box 1400 St. Helens, OR 97051 (503) 397-1628	Provides free legal services to individuals and families who are eligible under federal legal services financial guidelines. Tue. - Fri. 9:30 AM to 2:30 PM, no fee if qualified.
<b>COMMUNITY ALLIANCE OF TENANTS (CAT)</b> (503) 288-0130 (503) 460-9702	Helps educate and empower tenants to promote affordable, stable and safe rental homes.
<b>CONSUMER PRODUCTS SAFETY COMMISSION</b> 620 SW Main, Room 207 Portland, OR 97205 (800) 638-2772	Enforce Federal Safety Laws and Regulations (no autos, drugs, clothing, appliances, etc). Investigates complaints, information on home accident prevention. Mon. - Fri. 8:00 AM - 3:00 PM.
<b>FAIR HOUSING COUNCIL OF OREGON</b> 1020 SW Taylor St., Suite 700 Portland, OR 97205 (800) 424-3247 (503) 223-8197	Legal council for those believing they have been discriminated against for any of the following reasons: family status, gender, marital status, race, color, religion, national origin or disabilities.
<b>FEDERAL VETERAN'S ADMINISTRATION</b> Federal Building 1220 SW 3rd Avenue Portland, OR 97204 (800) 827-1000	Provides information about entitlement benefits to veterans, their dependants and survivors.
<b>FINANCIAL FRAUD</b> Justice Blvd. Salem, OR 97310 (503) 378-4320 (Hotline)	Complaints 8:30 AM - 12:00 PM (Atty. General Office)

## HOUSING (Continued)

### RURAL DEVELOPMENT (R.D.)

2514 Sykes Rd.  
St. Helens, OR 97051  
(503) 397-4555 Ext - 4 or  
(541) 967-5925

Offers low interest loans for low income families to become home owners of modest sized homes; and have repair loans and grants.  
Mon. - Fri. 8:30 PM – 4:30 PM

### SELF HELP HOUSING PROJECT

Community Action Team, Inc  
125 N 17th St.  
St. Helens, OR 97051  
(503) 366-6550

This program will help interested families to qualify for loans. Provide selections of house plans to choose and construction supervisors to lead families through the process of building their own homes. Income range: \$10,000 to \$41,900 a year. Call for more information.

### SPRING MEADOWS ASSISTED LIVING

36070 Pittsburg Rd.  
St. Helens, OR 97051  
(503) 397-0401

Provides assisted living designed for adults who want assistance with personal care to compliment their independent lifestyle.

### STREET LIGHT YOUTH SHELTER

1318 SW Washington  
Portland, OR 97205  
(503) 224-5988

Shelter for youths.

### THE STARTING PLACE

(Columbia Cty Women's Resource Center)  
PO Box 22  
St. Helens, OR 97051  
(866) 397-6161 Toll Free Crisis Line  
(503) 397-6161 24 Hr. Crisis Line

Emergency shelter for victims and their children of domestic violence and/or sexual assault.

## HEALTH/MEDICAL (Continued)

### CASEY EYE INSTITUTE-OSHU

3375 SW Terwilliger Blvd.  
Portland, OR 97239  
(503) 494-3000  
(888) 222-6478

Call for more information.

### CEREBRAL PALSY ASSOCIATION OF OREGON & SW WASHINGTON

11731 NE Glenn Widing Dr.  
Portland, OR 97220  
(800) 473-4581 Oregon Only  
(503) 777-4166

Information and referral, employment, living skills, volunteers and advocacy.

### CLATSKANIE FAMILY HEALTH CENTER

401 SW Bel Air  
PO Box 927  
Clatskanie, OR 97016  
(503) 728-0424

Mon. - Thur. 8:30 AM - 5:00 PM  
Fri. 8:00 AM - 12:00 PM  
Contact Connie Davis

### CLATSOP, COLUMBIA DIABETES COALITION

2111 Exchange  
Astoria, OR 97103  
(800) 962-2407 Ext. 3546

Diabetes awareness.

### COLUMBIA CARE CENTER

33910 E Columbia Ave  
Scappoose, OR 97056  
(503) 543-7131

Intermediate Care and Nursing Home.

### COLUMBIA COMMUNITY MENTAL HEALTH

58646 McNulty Wy.  
St. Helens, OR 97051  
(800) 294-5211 (OR & WA)  
(503) 397-5211  
(866) 866-1426 After Hrs. Crisis Line

Comprehensive mental health services for all ages; individual, family and group counseling. Walk-in crisis intervention, 24-hour a day crisis phone access. Drug, alcohol and gambling prevention and treatment programs. Psychiatric rehabilitation and housing options. Developmentally disabled services.

### COLUMBIA COUNTY PUBLIC HEALTH (CHD)

2370 Gable Rd.  
St. Helens, OR 97051  
(503) 397-4651  
(800) 244-4870 Other Areas

Prenatal, baby's first, family planning, well-child, immunizations, Women, Infants, and Children (WIC), environmental services, HIV testing and counseling.

**HEALTH/MEDICAL (Continued)****COLUMBIA COUNTY VICTIM'S ASSISTANCE PROGRAM**

230 Strand Rm. 328  
St. Helens, OR 97051  
(877) 421-5700

(503) 366-3914 **General Srvcs.**  
(503) 366-3916 **Domestic Violence Srvcs.**

Provides general information to crime victims. Offers victims of crime information for medical and counseling financial aid through the state compensation program.

**COLUMBIA PREGNANCY CENTER**

1510 St. Helens St., Suite A  
St. Helens, OR 97051  
(503) 397-6047

Provides counseling, education, information and referrals, pregnancy testing, temporary placement if needed depending on availability of funds, maternity clothing, and baby clothing.

Mon. and Wed. 10:00 AM – 2:00 PM  
Thurs. 1:00 PM – 5:00 PM

**COMMUNITY HOME HEALTH & HOSPICE**

1035 11th Ave.  
P.O. Box 2067  
Longview, WA 98632  
(800) 378-8510  
(360) 425-8510

Home Health, Hospice and Home Care, Hospice Care Center (inpatient hospice and respite care), Longview, Washington; 24 hour availability, 7 days a week (serves Columbia, Cowlitz, Clark and Wahkiakum County).

Mon. - Fri. 8:00 AM - 5:00 PM.

**COWLITZ FAMILY HEALTH CENTER**

1057 12th Ave.  
Longview, WA 98632  
(360) 636-3892

Family planning and birth control, pregnancy counseling, pap smears, testing, physicians referrals, and the WIC Program. STD's HIV/ AIDS testing counseling. Full service medical and dental sliding scale fee.

**CYSTIC FIBROSIS FOUNDATION OF OREGON**

9320 SW Barbur Blvd., Suite 210  
Portland, OR 97219  
(503) 226-3435

Education and fundraising.

**DHS SELF SUFFICIENCY PROGRAMS**

500 N. Hwy. 30, Suite 210  
St. Helens, OR 97051  
(800) 243-4987  
(503) 397-1784

Oregon Health Plan for medical only.

**HOUSING (Continued)****HOUSING REHABILITATION & WX**

Community Action Team, Inc.  
125 N. 17th St.  
St. Helens, OR 97051  
(503) 397-1675  
(800) 325-8098

Housing rehabilitation and weatherization loan program for low-income households for Columbia, Clatsop, and Tillamook counties.

**HOUSING TENANT HOTLINE**

(503) 648-7723

Can call collect for emergency situations. Mon. and Wed. 9:00 AM - 12:00 noon.

**NW OREGON HOUSING AUTHORITY**

(N.O.H.A.)  
PO Box 1149  
147 S. Main  
Warrenton, OR 97146  
(888) 887-4990  
(503) 861-0119

Provides rental assistance for low income housing for families, seniors, and disabled. Closed for phone calls and walk-ins all day Thur. and Fri. afternoons.

**OREGON DEPARTMENT OF VETERANS AFFAIRS**

OR. Veterans Affairs Bldg.  
700 Summer NE  
Salem, OR 97310  
(800) 828-8801  
(503) 373-2000

Provides veteran home loans, veteran services, call for more information.

**RENTERS RIGHT HOTLINE**

(503) 288-0130

Information and referral.

**RIVERSIDE TRAINING CENTERS**

105 Port Avenue  
PO Box D  
St. Helens, OR 97051  
(503) 397-1922

Provides residential care in group homes and supported living in apartments for persons with developmental disabilities.

**ROSE VALLEY ASSISTED LIVING**

33800 SE Frederick St.  
Scappoose, OR 97056  
(503) 543-4646

Provides assisted living designed for adults who want assistance with personal care to compliment their independent lifestyle.

## HOUSING

- AGRICULTURE DEPT. USDA SERVICES CTR. RURAL DEVELOPMENT (R.D.)**  
2514 Sykes Rd.  
St. Helens, OR 97051  
(503) 397-4555 Ext - 4 or  
(541) 967-5925
- Offers low interest loans for low-income families to become home owners of modest sized homes; repair loans and grants.  
Mon. - Fri. 8:30 PM – 4:30 PM
- AVAMERE ASSISTED LIVING**  
2400 Gable Rd.  
St. Helens, OR 97051  
(503) 366-8070
- Provides assisted living designed for adults who want assistance with personal care to compliment their independent lifestyle.
- COLUMBIA HILLS RETIREMENT CENTER**  
36050 Pittsburg Rd  
St. Helens, OR 97051  
(503) 397-6131
- Independent living for low income seniors. Studio and one bedrooms available. One (1) hot meal served in the dining room; laundry facility available.
- COMMUNITY HOUSE ON BROADWAY**  
1107 Broadway  
Longview, WA 98632  
(360) 425-8679
- Emergency shelter home for adults and families.
- FAIR HOUSING COUNCIL OF OREGON**  
1020 SW Taylor St., Suite 700  
Portland, OR 97205  
(800) 424-3247  
(503) 223-8197
- Legal council for those believing they have been discriminated against for any of the following reasons: family status, gender, martial status, race, color, religion, national origin or disabilities.
- HABITAT FOR HUMANITY COLUMBIA COUNTY**  
PO Box 11869  
Portland, OR 97211  
(503) 249-1194  
Contact: Patricia Teneyck
- A non-profit, ecumenical Christian housing ministry, Habitat for Humanity builds simple, decent and affordable homes in partnership with those in need. Families purchase the houses at no profit, through interest-free loans.
- HABITAT FOR HUMANITY INTERNATIONAL**  
(800) HABITAT (800 422-4828)
- HOMELESS PREVENTION & ASSISTANCE**  
Community Action Team, Inc.  
125 N. 17th St.  
St. Helens, OR 97051  
(503) 366-6546
- Case management, emergency rent, shelter assistance, long term rental assistance, NOHA applications, low-income housing list, and advocacy. Call for an appointment.

## HEALTH/MEDICAL (Continued)

- DHS SENIOR & PEOPLE WITH DISABILITIES**  
500 N. Hwy. 30, Suite 240  
St. Helens, OR 97051  
(503) 397-5863
- Medical assistance and emergency food stamps.  
Mon. - Fri. 9:00 AM—5:00 PM.
- DISABLED AMERICAN VETERANS**  
Federal Building  
1220 SW 3rd  
Portland, OR 97204  
(800) 828-8801  
(503) 412-4777
- Veterans advocates assist with filing claims.
- DOERNBECHER CHILDREN'S HOSPITAL OHSU**  
3181 S.W. Sam Jackson Pk. Rd.  
Portland, OR 97201  
(503) 418-5700
- Mon. - Fri. 8:00 AM - 5:00 PM.
- EPILEPSY FOUNDATION NORTHWEST**  
3800 Aurora Ave, North #370  
Seattle, WA 98103-8721  
(206) 547-4551  
(503) 228-7651
- Information and referral, advocacy, education, employment training programs, and parent/adult support network groups.
- FOOT CARE**
- Call Senior Centers for more information (Page 62).
- HEARING AIDS**
- Call Senior Centers for more information (Page 62).
- HOPELINE**  
(Suicide Prevention)  
(800) 784-2433
- Hopeline is the nation's only suicide prevention crisis hotline network. Callers are linked to certified crisis centers across the country. Crisis line is open 24 hours a day, 7 days a week.
- LACTATION SERVICES**  
Legacy Lactation Services  
(503) 413-2800
- Helps with decisions on breastfeeding or have specific questions or concerns. Call Legacy Lactation Services and talk with a specialist. Learning to Breastfeed classes are available.  
Mon - Fri., 8:30 AM - 5:00 PM.



**HEALTH/MEDICAL (Continued)****LEGACY CLINIC**

500 N. Columbia Rvr. Hwy., Suite 6  
St. Helens, OR 97051  
(503) 397-0471

**LEGACY URGENT CARE CLINIC**

500 N. Columbia Rvr. Hwy. Suite 7  
St. Helens, OR 97051  
(503) 397-7119

**LEUKEMIA SOCIETY OF AMERICA**

6501 SW Macadam  
Portland, OR 97239  
(503) 245-9866

Education and information, financial assistance, and family support groups.

**LIONS SIGHT & HEARING FOUNDATION**

(503) 827-6952

Referrals to local Lions Club.

**MAKE A WISH FOUNDATION**

(800) 934-9474  
(503) 292-2280

Grants wishes for children ages 2 1/2 to 18 years, battling life threatening illnesses.

**MARCH OF DIMES**

(800) 811-0805

Health Resources.

**MEADOW PARK CARE CENTER**

75 Shore Drive  
St. Helens, OR 97051  
(503) 397-2713

Intermediate Care and Nursing Home.

**MOBILE DENTAL CLINICS (OREGON)**

14150 SW Milton Ct  
Tigard, OR 97224  
(800) 959-HEAL (4325)

Northwest Medical Teams International, Emergency Dental Clinic provides free, low-cost dental care.

**MULTIPLE SCLEROSIS SOCIETY OF PORTLAND**

104 SW Clay Street  
Portland, OR 97201  
(800) 344-4867  
(503) 223-9511

Information and referral, education programs, social support, crisis intervention, peer support groups, care management, and medical equipment.

Mon. - Fri. 9:00 AM - 5:00 PM.

**HELPLINE/HOTLINE DIRECTORY**

SOCIAL SECURITY ADMINISTRATION .....	1-800-772-1213
STATE CHILD CARE RESOURCE & REFERRAL .....	1-800-342-6712
STOP ABUSE FOR EVERYONE (SAFE) .....	1-800-992-3039
SUDDEN INFANT DEATH (SIDS INSTITUTE) .....	1-800-232-7437
SUDDEN INFANT DEATH: BACK TO SLEEP .....	1-800-505-2742
SUICIDE PREVENTION .....	1-800-784-2433
TENANT HOTLINE .....	1-503-648-7723
TELE-LAW TAPE LIBRARY .....	1-800-452-4776
(REFERRAL SERVICE) .....	1-800-452-7636
TOURETTES SYNDROME .....	1-800-237-0717
UNITED CEREBRAL PALSY ASSOCIATION .....	1-800-872-5827
UNITED STATE DEPT HEALTH & HUMAN SERVICES .....	1-800-662-4357
(SUBSTANCE ABUSE & MENTAL HEALTH)	
UNITED WAY OF COLUMBIA COUNTY .....	1-503-556-3614
VISION NORTHWEST .....	1-800-448-2232
VOCATIONAL REHAB. SERVICES (ODHS) .....	1-800-243-4987
VOLUNTEERS OF AMERICA .....	1-800-899-0089
WELL CHILD CLINIC .....	1-503-397-7907
WIC FOOD ASSISTANCE (Women, Infants, Children) .....	1-503-397-4149/1-800-422-6012
<b>WOMEN'S RESOURCE CTR CRISIS HOTLINE</b> .....	1-866-397-6161
WORKERS COMPENSATION INFORMATION HELPLINE .....	1-800-452-0288

**HELPLINE/HOTLINE DIRECTORY**

NATIONAL TEEN DATING ABUSE HOTLINE .....	1-866-331-9474
TTY.....	806-331-8453
NORTHWEST HUMAN SERVICES (Crisis Hotline) .....	1-800-560-5535
OREGON COUNCIL ON ALCOHOLISM & DRUG ADDICTION.....	1-800-923-4357
OREGON HEALTH PLAN.....	1-800-359-9517
TTY.....	1-800-375-2863
OREGON LITERACY LINE .....	1-800-322-8715
OREGON OPTOMETRIC ASSOC.....	1-800-922-2045
<b>OREGON PARTNERSHIP DRUG &amp; ALCOHOL HELPLINE .....</b>	<b>1-800-923-4357</b>
OREGON SAFENET HEALTHCARE.....	1-800-723-3638
OREGON STATE BAR'S LAWYER REFERRAL SERVICE .....	1-800-452-7636
OREGON STATE LIBRARY FOR THE BLIND.....	1-800-452-0292
OREGON STATE POLICE MISSING CHILDREN CLEARING HOUSE .....	1-503-934-0188
OREGON STATE VICTIMS OF SEX OFFENDERS .....	1-800-551-2934
PARENTS WITHOUT PARTNERS .....	1-800-637-7974
PARKINSON'S DISEASE ASSOC. INFORMATION & REFERRAL.....	1-503-494-5285
NATIONAL PARKINSON'S DISEASE .....	1-800-327-4545
PLANNED PARENTHOOD.....	1-800-230-7526
<b>POISON CONTROL (NATIONAL) .....</b>	<b>1-800-222-1222</b>
PRODUCT SAFETY.....	1-800-638-2772
<b>PREGNANCY HOTLINE.....</b>	<b>1-360-636-3333</b>
PSA HEALTH CARE .....	1-800-894-2273
PUBLIC BENEFITS HOTLINE .....	1-800-520-5292
(FOR SPANISH SPEAKING IN COLUMBIA COUNTY .....	1-888-245-4091
RENTERS RIGHTS HOTLINE.....	1-503-288-0130
SHERIFF.....	911

**HEALTH/MEDICAL (Continued)****MUSCULAR DYSTROPHY SOCIETY**

4800 SW Macadam, Suite 205  
Portland, OR 97239  
(503) 223-3177

Out patient clinic, physical & occupational consultation, equipment loans.  
Mon. - Fri. 9:00 AM - 5:00 PM.

**N.A.M.I. OREGON**

3550 SE Woodward St.  
Portland, OR 97202  
(800) 343-6264  
(503) 230-8009

Information and referral for people with mental disorders. Provides education to family members about mental illness, coping, communication and self care. Staffed by volunteers.  
Mon. - Fri. 9:00 AM - 5:00 PM.

**NW REGIONAL EDUCATION SERVICE DISTRICT (ESD)**

800 Port Avenue  
St. Helens, OR 97051  
(503) 397-0028

Services available for the developmentally delayed, hearing impaired, language and speech, occupational therapist.

**OREGON ASSOCIATION FOR THE DEAF**

999 Locust St. NE  
Salem, OR 97303  
(503) 378-3825  
(503) 391-6652 TTY

Information and referral, trainings, interpreters, coordination, sign language, presentations and technical assistance.

**OREGON ASSOCIATION OF NATUROPATHIC PHYSICIAN**

PO Box 5876  
Portland, OR 97228  
(877) 500-6277  
(503) 262-8586

Referral and information services.

**OREGON COMMISSION FOR THE BLIND**

535 SE 12th  
Portland, OR 97214  
(503) 731-3221

Alternative communication techniques, cane, travel, counseling, adjustment to blindness, independent living, daily living skills, vocational rehab, career counseling and employment opportunities.

**OREGON HEALTH SCIENCES SCHOOL OF DENTISTRY**

(503) 494-8867

Reduced costs, fees for exams, and X-rays; by appointment only, one month in advance.  
Mon. - Fri. 8:30 AM - 4:00 PM.

**HEALTH/MEDICAL (Continued)**

<p><b>OREGON HEALTH PLAN</b>                  (800) 359-9517 Application Center                  (800) 699-9075 Central Branch</p>	<p>Provides insurance to any Oregon resident whose income falls below the federal poverty level, regardless of whether or not they have children.</p>
<p><b>OREGON HEALTH &amp; SCIENCE UNIVERSITY</b>                  51377 Old Portland Rd., Suite C                  Scappoose, OR 97056                  (503) 418-4222 (Appointments)                  (503) 543-3181</p>	<p>Scappoose family medical.</p>
<p><b>OREGON HIV ADVOCACY CENTER</b>                  620 SW 5th Ave., Suite 300                  Portland, OR 97204                  (800) 777-2437</p>	<p>Provides information about, and referrals to local resources available to those with AIDS. Provides human and emotional support as well.</p>
<p><b>OREGON PRESCRIPTION DRUG PROGRAM</b></p>	<p>See pg. 56</p>
<p><b>OREGON SAFENET</b>                  (800) 723-3638</p>	<p>Help-line for finding health care.</p>
<p><b>OREGON STATE DEPARTMENT OF HUMAN SERVICES</b>                  (800) 422-6012</p>	<p>Referral Service for all DHS programs.</p>
<p><b>OREGON STATE LIBRARY FOR THE BLIND</b>                  (800) 452-0292</p>	<p>Talking books and Braille Services.</p>
<p><b>PARKINSON'S DISEASE ASSOC. INFORMATION &amp; REFERRAL</b>                  3181 SW Sam Jackson Park Rd.                  Portland, OR 97239                  (503) 494-5285</p>	<p>Information and Referral to Parkinson's Disease.</p>
<p><b>PEACEHEALTH WOMEN'S CENTER</b>                  1660 Delaware                  Longview, WA 98632                  (360) 414-2800</p>	<p>OBGYN Care</p>
<p><b>PEACE HEALTH MEDICAL CENTER</b>                  1615 Delaware                  Longview, WA 98632                  (800) 438-7562</p>	

**HELPLINE/HOTLINE DIRECTORY**

LITERACY LINE OF OREGON.....	1-800-322-8715
LUPUS FOUNDATION OF AMERICA.....	1-800-558-0121
MAKE A WISH FOUNDATION .....	1-800-722-9474
MARCH OF DIMES OREGON CHAPTER.....	1-800-811-0805
<b>MEDICARE HOTLINE</b> .....	1-800-633-4227
MENTAL HEALTH & ADDICTION SERVICES TRAINING & RESOURCE CTR.....	1-800-822-6772
MENTAL HEALTH AMERICA.....	1-800-969-6642
MOTHERS AGAINST DRUNK DRIVING .....	1-800-438-6233
MULTIPLE SCLEROSIS SOCIETY.....	1-800-344-4867
N.A.M.I. OREGON .....	1-800-343-6264
NATIONAL CANCER INSTITUTE .....	1-800-422-6237
NATIONAL CENTER FOR MISSING & EXPLOITED CHILDREN .....	1-800-843-5678
<b>NATIONAL CHILD ABUSE HOTLINE</b> .....	1-800-422-4453
NATIONAL COMMITTEE FOR THE PREVENTION OF ELDER ABUSE .....	1-202-682-4140
NATIONAL COUNCIL ON AGING.....	1-800-424-9046
<b>NATIONAL DOMESTIC VIOLENCE HOTLINE</b> .....	1-800-799-7233
TTY .....	1-800-787-3224
<b>NATIONAL GAMBLING HOTLINE</b> .....	1-800-522-4700
NATIONAL HEADACHE FOUNDATION .....	1-800-843-2256
NATIONAL HOSPICE HELPLINE.....	1-800-658-8898
NATIONAL RUNAWAY SWITCHBOARD.....	1-800-621-4000
FAX NUMBER.....	1-773-929-5150
NATIONAL LEAD INFORMATION CENTER .....	1-800-424-5323
NATIONAL ORGANIZATION FOR RARE DISORDERS (VOICEMAIL ONLY) .....	1-800-999-6673
NATIONAL RESOURCE CENTER ON DOMESTIC VIOLENCE .....	1-800-537-2238
NATIONAL SAFETY COUNCIL.....	1-800-621-7619

**HELPLINE/HOTLINE DIRECTORY**

CHAMBER OF COMMERCE (Rainier).....	1-503-556-7212
CHAMBER OF COMMERCE (Vernonia) .....	1-503-429-6081
CHILD FIND .....	1-800-426-5678/800-292-9688
COLUMBIA COMMUNITY MENTAL HEALTH SUICIDE PREVENTION.....	1-800-294-5211
(AFTER HOURS) .....	1-866-866-1426
COMMUNITY HOME HEALTH.....	1-800-378-8510
CONSUMER PRODUCTS SAFETY COMMISSION.....	1-800-638-2772
CYSTIC FIBROSIS FOUNDATION.....	1-800-344-4823
DEPARTMENT OF HUMAN SERVICES REFERRALS .....	1-800-422-6012
DEPARTMENT OF HUMAN SERVICES REFERRALS (LOCAL) .....	1-800-243-4987
DIAL A HEARING SCREENING TEST .....	1-800-222-3277
ELDERCARE LOCATOR INFORMATION & REFERRAL LINE .....	1-800-677-1116
<b>EMPLOYMENT DIVISION HOTLINE, STATE OF OREGON</b> .....	1-800-237-3710
EPILEPSY FOUNDATION OF AMERICA .....	1-800-332-1000
FAIR HOUSING COUNCIL OF OREGON .....	1-800-424-3247
FEDERAL HOUSING & URBAN DEV. (H.U.D.) (Complaint Line).....	1-800-669-9777
<b>FIRE</b> .....	911
FOOD STAMPS INFORMATION LINE .....	1-800-520-5292
<b>GAMBLING HOTLINE</b> .....	1-800-233-8479
HABITAT FOR HUMANITY INTERNATIONAL.....	1-800-422-4828
HANDICAPPED PROGRAMS LIBRARY INFORMATION .....	1-800-424-8567
<b>INJURED WORKER HOTLINE</b> .....	1-800-452-0288
JUVENILE DIABETES FOUNDATION.....	1-800-223-1138
JUVENILE JUSTICE CLEARINGHOUSE .....	1-800-638-8736
<b>LANDLORD/TENANT HOTLINE (M, W, &amp; F, 9 - 12)</b> .....	1-503-648-7723
LAWYER REFERRAL SERVICE.....	1-800-452-7636

**HEALTH/MEDICAL (Continued)**

<b>POISON CENTER HOTLINE</b> (800) 222-1222	Call for information regarding poison and poison control.
<b>PSA HEALTHCARE</b> <b>Pediatrics Services of America</b> ARO Health Services (800) 894-2273 (360) 423-8885 Washington Only	In-home care specialist, private duty pediatrics. Services include registered nurse assessment, ventilator care, client teaching, enteral nutrition, medication administration, intravenous therapy, and other types of skilled treatment.
<b>SACAGAWEA HEALTH CENTER</b> 1060 Eisenschmidt Lane St. Helens, OR 97051 (503) 366-7645	A school based health clinic. Provides easy access to health care to students. St. Helens elementary students K-6 are eligible to receive medical care, provided that parent/guardian has given their consent.
<b>SALVATION ARMY</b> 1712 NE Sandy Blvd. Portland, OR 97232 (503) 234-0825 (503) 239-1264	Provides medical appointments, services, prescriptions and job transportation; also provides motel rooms for people who need shelter. (See <b>Emergency Services</b> for local numbers pages 23 and 24).
<b>SCAPPOOSE FAMILY CLINIC OHSU</b> 51377 Old Portland Rd., Suite C Scappoose, OR 97056 (503) 543-3181 (503) 418-4222 Appointments	
<b>SHRINERS HOSPITAL</b> 3101 SW Sam Jackson Park Rd. Portland, OR 97239 (503) 241-5090	Provides orthopedic care for children under the age of 20 years old with no income. Call for application.
<b>SUDDEN INFANT DEATH SYNDROME</b> (SIDS) (800) 221-SIDS (800) 221-7437	Provides information on sleep positions and SIDS risk reduction. Mon. - Fri. 8:30 AM - 5:00 PM Ruth Dubois: (301) 435-3457 or (301) 435-3459

**HEALTH/MEDICAL (Continued)**

- TALKING BOOK & BRAILLE SERVICES** NO FEE and FREE POSTAGE. Serves blind, visually impaired, handicapped. Provide books and machines for listening.  
 250 Winter St. NE  
 State Library Bldg.  
 Salem, OR 97310-0645  
 (800) 452-0292  
 Mon. - Fri. 8 :00 AM - 12:00 PM &  
 1:00 PM - 5:00 PM.
- TEEN HEALTH INFORMATION LINE** Information about sexuality, abstinence, and referrals to health and birth control services.  
 (800) 443-8336
- VERNONIA PROVIDENCE FAMILY MEDICAL CLINIC**  
 510 Bridge St.  
 Vernonia, OR 97064  
 (503) 429-9191
- VETERAN'S HOSPITAL**  
 3710 SW US Veterans Hospital Rd.  
 P.O. Box 1034  
 Portland, OR 97207  
 (503) 220-8262
- VISION USA** Offers free eye exams to working low-income Oregonians. 8:30 AM - 5:00 PM.  
 (800) 766-4466
- VISION SUPPORT GROUP** Networks for support group for visually impaired adults throughout Oregon.  
 (800) 448-2232
- WALLACE MEDICAL CONCERN** General medical care Monday and Thursday evening; Dermatology care available First and third Thursday of each month; Podiatry care available 2nd and 4th Thursday of each month. Medications provided free of charge, if medication is in stock. Serves low-income and uninsured Portland residents and Tri-county area, Columbia County welcome.  
 727 W. Burnside  
 Portland, OR 97209  
 (503) 489-1760
- WOMEN, INFANTS & CHILDREN (W.I.C.)** Prenatal, family planning services, well-child, immunizations.  
 Columbia Cty. Public Health  
 2370 Gable Rd.  
 St. Helens, OR 97051  
 (503) 397-4149

**HELPLINE/HOTLINE DIRECTORY**

- ABORTION HOTLINE** ..... 1-800-772-9100
- ACES (Assist with Collecting Child Support) ..... 1-800-537-7072
- ACTIVE PARENTING..... 1-800-825-0060
- AIDS HOTLINE**.....1-800-342-2437
- ALCOHOL ABUSE & ACTION HOTLINE ..... 1-800-207-9998
- ALCOHOL & DRUG FREE HOTLINE ..... 1-800-784-6776
- ALCOHOL & DRUG INFORMATION LEGACY CENTER ..... 1-800-452-7032
- ALZHEIMER'S DISEASE ASSOCIATION..... 1-800-272-3900
- AMERICAN CANCER SOCIETY ..... 1-800-227-2345
- AMERICAN DIABETES ASSOCIATION..... 1-800-342-2383
- AMERICAN HEART ASSOCIATION ..... 1-800-242-8721
- AMERICAN LUNG ASSOCIATION ..... 1-800-586-4872
- AMERICAN RED CROSS ..... 1-503-280-1474
- AMERICAN SIDS ..... 1-800-232-7437
- ARTHRITIS FOUNDATION ..... 1-800-283-7800
- ATTORNEY GENERAL'S CONSUMER HOTLINE ..... 1-877-877-9392
- BIRTH RIGHT ..... 1-800-550-4900
- BOYS & GIRLS AID SOCIETY OF OREGON ..... 1-503-542-2308
- GIRLS & BOYS TOWN NATIONAL HOTLINE**..... 1-800-448-3000
- CANDLELIGHTERS CHILDHOOD CANCER FOUNDATION..... 1-800-366-2223
- CHAMBER OF COMMERCE (Clatskanie) ..... 1-503-728-2502
- CHAMBER OF COMMERCE (Scappoose/St. Helens) ..... 1-503-397-0685