

Tigard-Tualatin Community Resource Guide

November 2020

Ew biennial publication ren ewe
Tigard-Tualatin Famine Resource Center,
ew program seni ewe Tigard-Tualatin School District

www.ttsdschools.org

Nampan fon: (503) 603-1585

Fax: (503) 603-1587

Ierin Sukun 2020-21:
Tigard High School
9000 SW Durham Road #716
Tigard, Oregon 97224

Ewe Ierin Sukun 2021-22 epwene no ngeni:
Templeton Elementary Campus
9500 SW Murdock Street
Tigard, OR 97224

Netiweisomw ngeni an ewe Tigard-Tualatin Famini Resource Center Ewe Bilingual Community Resource Guide!

Ussun ami ouwa fen sinei, mi fokkun weires an emon epwe access-ini en up-to-date community resource information. Auchean ika namoten ei TTFRC Community Resource guide e anisi ngeni ekkan re angang ngeni ekkan semirit, serafo, me watte non Tigard me Tualatin area. E awora information ren ekkan pekin aninis (services) rekon need me ian repwe tongeni angei me ian. Kemi tongeni kapini ekana page iwe ka ngeni ekkana famini re kut aninis.

Faniten ei COVID-19 pandemic, ach sa for sefani ei resource guide non ei ier iwe ammen fokkun weires. Napengeni ekkei service me program nge ra siwin fan iten ekkoch mettoch. Ach anean pwe ekkei minafon porous repwe fen anisuk pwan kokori ekkana program me mwen kopwe chuuno pwe kopwe sinei met a siwin.

Ei pwuk esapw ew “comprehensive” guide ren services me agencies non Washington County. Kose mochen kokori TTFRC ren tichikin porousen ekkoch services ese pwan pachenong. Non na ewin kinikin -Community Resources Overview- mi wor ekkan ekkoch neni mi fokkun eoch kopwe angei porousan social services me ie me referral ren chowean 211info. Kose mochen visit en Center’s website at www.ttsdschools.org, iwe ka menitiw fan en iwe click won na quick link ren ena “Famini Resource Center” omw kopwe kuna ekkan up-to-date information ren ekkan events me classes iwe pwan download kapin ei guide non English me Spanish.

Ach fokkun kinisou chapur a no ngeni Rebecca Padron me ekkewe volunteers me chon angang ren ar awora ar fansoun ika neur awa ne angang ngeni ei publication. Pwan ach wachemuken “kinisou” ngeni emon me emon ami ion mei angang weires ami anisi me partner ngeni ekkan famini non ach kei sukun me community. Sia aneanei pwe ei guide epwe anisuk.

Ren Ennetin Sufon,



Catherine West
District Social Services Coordinator
Famini Resource Center
Tigard-Tualatin School District

Tetenin Ei Pwuk

Community Resources Overview

Culturally Specific Centers...2
Federal Poverty Guidelines...1
Information me Referral...1
Tigard-Tualatin Famini Resource Center Services...1

Kirikiringaw

Kirikiringaw ngeni Semirit...3
Osukosuken non Famini, Nissou mei Echimwa, me Kawet ren Nissou...3-4
Ekkewe Emergency Shelters ren Osukosuken non Famini ...4

Ekkewe Basic Needs

Uuf...5
Mwongo...7-8
Pisekin non Imw...6
Housing...9
Internet me Aninisin Fon...12
Rent me Aninisin Fifi/Utilities...11
Ekkewe Shelters...13
Nenien Tutu me Sopw... 6
Pekin Sai/Transportation...6
Aninisin Serafo (housing)...10

Semirit, Serafo me lin/Sam

Activities me Urumwot ren Ekkewe Kukun Semirit...14-15
Ekkewe Group ren lin/Sam me Sakopaten Aninis...15
Preschool, Mwirin-sukun, me ekkewe Nenien Tumwun Semirit...16
Ekkewe Urumwot an Serafo me Ekkewe Chon Kait...17

Healthcare/Pekin Pioing

Pekin Aisa me Neminimen Ngii....18-19
Health Coverage....18
Pekin Safei/Pioing....20-21
Pwopwo...22-23
Safei....23
Mas me Minen Sening...24

Mental health me Counseling

Counseling....25-27
Ekkewe Class mi Required Seni Kapwung....27
Drugs me Sakaw....28
Counseling ren Ekkewe Ir Mi Nomw non Chupwun me Netipeta....27
Ekkewe Group ren "Self-help"....29
Pusin Nikono (Suicide)....29

Pwan ekkoch: Pekin Adult Education, Angang, Kapwung me Chinap

Adult Education....30
Aninisin Angang me Career Services...30
Aninisin non Kapwung....31-32
Aninisin ngeni Ekkewe Chinap 33

Community Resources Overview

Tigard-Tualatin Famini Resource Center: Ee kan wisen aninis ngeni ekkewe famini re nonomw non an Tigard-Tualatin ewe School District. Ei center nge epwene move seni ewe campus ren Tigard High School ngeni ewe campus ren Templeton Elementary School non ewe ierin sukun 2021-22. Nupwen ekkei sukun mi chok kesip ren fan iten ei pandemic, ekkewe chon angang ren ewe center repwe chok sopweno ar kewe angang non imwer kewe. Porous me Referral: kopwe fos ngeni ekkewe chon angang ren ekkewe porous mi up-to-date ren ach ei community resource non neniach ei. Ekkewe scholarship ren ekkewe semirit ren ar repwe fiti an ekkewe sukun urumwot a anongonong won ekkewe donation. Uufen ekkewe semirit ra ier 0-5; iwe order ee kan eto seni ewe Northwest Children’s Outreach. Ewe Connection ngeni ekkewe pisekin non imw a feito seni ewe Community Warehouse. Ekkewe pisekin nimenimen inis ren fan iten famini ra homeless. Porousen holiday ren aninis; nouch application iwe ina mi kan or ren ekkewe sukun nge ee kan suk fan October. **(503) 603-1585**. Web: www.ttsdschools.org, tiki en link “Family Resource Center”.

211info: Ee kan anisi aramas ar repwe kutta, kuna, me connect ngeni ekkewe aninis ika ekkewe local resource. Sarinfan-Animwu 8am-6pm. Ika kopwe fos ngeni emon ekkewe specialist ren ekkei porousen resource non neniom na iwe dial ini **211**, email: help@211info.org, text nampan omw ewe zip code ngeni 898211, ika fen download ini ewe 211 info mobile app, ese kamo, ika fen tota won ewe website ren www.211info.org ren omw kopwe kuta ekkewe resource ika aninis won ewe database online.

Love INC Tigard-Tualatin-Sherwood: Ee kan wisen anisi ekkewe famini ika aramas ra homeless (ese wor nenier) ika ekkewe ese watte ar income. Ren chowean tikitin won bus, ekkewe private rides, pisekin non imw, chech, nimenimen inis, ekkewe safei minen non sitowa, mwongo, uuf, fichin mekur, ekkewe sukunen iin me sam, ika ekkewe coach ren (spiritual direction) namanam me watten nukunuk, aninisin employment/angang, me omw kopwe sinei budget. Meininis ekkei aninis a feito seni ekkewe partnership ngeni ekkewe fan non unusen ei neni. Aru chok me Aunungat 9:30am-12:30pm. **(503) 443-6888**. Nupwen an ewe a poputa me print nge ewe Washington County Essential Hub ren Tigard a wisen nomw. Email: admin@loveinc-tts.org. Web: www.loveinc-tts.org.

Oregon Helps: Ew website ee kan aninis me katon ika en mi eligible/tufich ren ekkewe 33 sokopaten aninis ika service, ren SNAP/food stamps; Oregon Health Plan (OHP); Ewe Woman, Infants, me Children Nutrition Program (WIC); ewe Temporary Assistance ren ekkewe Needy Famini (TANF); Employment-Related Day Care (ERDC); iwe pwan ekkewe ekkoch. Web: <http://oregonhelps.211info.org>.

Tigard Self-Sufficiency/Multi-Service Center (Department of Human Services): Koko ren porousen SNAP/food stamps, Oregon Health Plan (OHP-Application drop-off); Temporary Assistance for Needy Families (TANF); Employment-Related Day Care (ERDC) iwe pwan ekkewe ekkoch state prokrams. Sarinfan-Animwu 8am-5pm. 10777 SW Cascade Ave., Tigard, OR 97223. **(503) 670-9711**. Web: www.oregon.gov/DHS.

2020 FEDERAL POVERTY GUIDELINES

*Ren omw kopwe eligible ngeni ekkei prokram, ekkewe famini epwe wor ar ewe income esapw watte seni met ekkei a fen makketiw me fan en. Nge ena koukun income varies seni ew me ew prokram. Ena koukun nge ee kan awewe ngeni ewe percent seni ewe Federal Poverty Guidelines si anongonong won ewe **gross annual income**:*

Ukukun Chon Famini	100%	150%	185%	200%	250%	300%
1	\$12,760	\$19,140	\$23,606	\$25,520	\$31,900	\$38,280
2	\$17,240	\$25,860	\$31,894	\$34,480	\$43,100	\$51,720
3	\$21,720	\$32,580	\$40,182	\$43,440	\$54,300	\$65,160
4	\$26,200	\$39,300	\$48,470	\$52,400	\$65,500	\$78,600
5	\$30,680	\$46,020	\$56,758	\$61,360	\$76,700	\$92,040
6	\$35,160	\$52,740	\$65,046	\$70,320	\$87,900	\$105,480
7	\$39,640	\$59,460	\$73,334	\$79,280	\$99,100	\$118,920
8	\$44,120	\$66,180	\$81,622	\$88,240	\$110,300	\$132,360

Ren omw kopwe katon ewe guideline ren ewe federal poverty ren ekkewe famini ir mi nuseni wanimen, iwe kopwe katon ena koukun ren ekkewe wanimen aramas ee nomw won 100% (\$44,120) iwe kopwe apachata \$4,480 ren emon aramas epwe pwan pacheta.

Culturally Specific Centers

Asian Health me Service Center: Mi awora aninis non fosun me eorenen chon Asian Americans ren pekin mental services, health education, me case managment, cancer resource center, ewe anininis tumwunuwen famini, ekkewe program ren ekkewe chinap, ewe Oregon Health Plan ren anininis application, ewe volunteer program, me ewe Chinese immersion preschool. Ekan chon angangen ei neni ir mei sinei fosun Mandarin Chinese, Cantonese Chinese, Taiwanese, Korean me Vietnamese. Sarinfan-Animu 8:30am-5pm. Beaverton ofes: 3800 SW Cedar Hill BLVD. #196, Beaverton, OR 97005. **(503) 641-4113**. Web: www.ahscpx.org. Ren ewe anininis behavior (ika kirikiringaw) iwe non fosun Merika kokori 503-772-5893, Mandarin: 503-772-5895, Cantonese: 503-772-5894, Korean: 503-772-5896, Vietnamese: 503-772-5897.

Immigrant and Refugee Community Organization (IRCO): E kan wisen anisi ekkewe wasena, ekkan re su seni nenier me chochon pwusin en neni ar repwe tongeni uta won ar ne anisi napeseni 200+ program non fosun fonuer me tichikin ar eoreni. Ekkan aninis non Washington County mi pachenong anininis rent, COVID 19 ren ekkewe minen outreach/contact tracing/wraparound support, ekkewe training ika osukun ren pekin angang, osukosuken non famini ika osukosuken non famini/kawet ren nissou ekkewe tonongen me epetin, ekkewe early learning/preschool, Language School, pekin eoreni non ew me ew community ren tonongen osukosuk, ekkewe youth workforce development, me ekkewe anininis academic programs. 10301 NE Glisan St., Portland, OR 97220. **(503) 234-1541**. Web: www.irco.org.

Latino Network: Ekkewe organization ren pekin education re nomw fan enurun ekkewe Latino, re kan kait non pekin eoreni me aninis. Re anisi me apochokuna ewe Latino community ar repwe sinei me fini met mi eoch fan iter me fan iten ar kewe famini. Non Washington County, ekkewe aninis mi pachenong: Juntos Aprendemos, ew eoreni, mi pwan or ewe parent-child early learning program ee focus won ewe famini ar repwe fiti nour kewe ekkewe ier 3-5 ier; mi pwan or ewe specialist non Equity me ewe Inclusion an ewe famini engagement, ewe re support ekkewe sam/iin ir chon Latinx non high school ren ekkewe ra ierin serafo non TTSD; RAICES Famini Navigation me Mentoring Violence, “prevention” ika epetin, “intervention” ika omw angenongei, me ewe “healing program” ren ekkewe Latinx famini mi or nour ekkewe serafo non ewe Juvenile Justice System, nge si kan chok etiwa ekkewe re refer ngeni kem. **(503) 283-6881**. Email: info@latnet.org. Web: www.latnet.org.

Lutheran Community Services Northwest: Memen e anongonong won ar service. Chon angangen ena neni ir mei sinei 45 fosun fonu. Mental health me immigration counseling, intensive case management, peer support services me tumwunun unmen safei (medication management) ren ekan refugees (chon suuto) me immigrants (wasona). Sarinfan-Animu 8:30am-4:30pm. (Kesip ren pekin aion seni 12pm-1pm). 3800 SW Cedar Hills Blvd. #288, Beaverton, OR 97005. **(503) 924-2448**. Web: www.lcsnw.org/office/beaverton.

Oregon Somali Famini Education Center: Chon angang ngeni ekan waseno seni Somali ren pekin sam me iin education me support, sports me urumwot, anukuchara ar skills, tutoring/mentoring, gang awareness me support, scholarship programs, community events, ekkewe programin intervention ika tonongen, me ekkewe health education. Sarinfan-Animu 9am-4pm, Ammon 11am-1pm iwe Raninifen ika pwe e chok wor omw appointment. Merlo Station Apartments, 2032 SW Merlo Ct., Beaverton, OR 97006. **(503) 662-1039**. Web: www.osfec.org.

Russian Oregon Social Services: Chon angang ngeni ekkan re fosun Russia. Re awora aninis ren pekin support ngeni ekkewe ir mi tou seni ewe osukosuken non famini ika osukosuken non famini me kawet ren nissou, community orientation me cross-cultural education (classes ren chomongun eorenian aramas), English classes me tutoring, tufichin/tawen health education, porous me referrals, anininis omw kopwe angei emergency dental (pekin aisa) services. Sarinfan-Animu 8:30am-4:30pm. 7931 NE Halsey St. Suite 304, Portland, OR 97213. **(503) 777-3437**. Email: ross@emoregon.org. Web: www.emoregon.org/ross

Kirikiringaw

REN PEKIN ANINIS REN EMERGENCY, KOKORI 911

Ren ewe Washington County Police, Esapw Ren Emergency:

(503) 629-0111

Kirikiringaw ngeni Semirit

Ren ewe Washington County Child Abuse 24-awa omw kopwe Repotini Hotline: **(503) 681-6917**

CARES Northwest: Ren pekin ekan semirit ir mei mefi ekkewe fofforun kirikiringaw ika kawet ren nissou, rese tumwun, ika fen pwan osukosuken non famini. Aninisin ren pekin medical/safei, tumwun, me epetin ewe kirikiringawen ika tumwunungawen semirit. Memen kewe mi tongeni epwe cover ren insurance, ewe Oregon Health Plan, ika ewe Crime Victims Compensation. Mi wor chon angang ir mi sinei fosun Spanish ir mi kawor. Sarinfan-Animu 8am-5pm. 2800 N. Vancouver Ave. Suite 201, Portland, OR 97227. Medical Building 1 ina ee nomw mesan Legacy Emanuel Medical Center **(503) 276-9000**. Web: www.caresnw.org.

Domestic Violence Resource Center: Ese kamo counseling ngeni ewe semirit ika ewe mi kirikiringaw ika tumwunungaw ren ewe osukosuken non famini, ier 5-18. Aninis mi kawor non English me Spanish. **(503) 521-7997**. Web: www.dvrc-or.org.

Early Learning Division of the Department of Education: Pwan kapachenongen ewe Child Abuse Hotline **1-855-503-7233**, Kokori ena nampa omw kopwe repotei ika mei wor chon kirikiringawa semiriten non ekan nenien tumwunun semirit (licensed childcare facility), ar repwe cheki an na neni fofo me uruon komplein iwe pwan cheki ar uruon oforongaw (criminal history registry). Chon angang ir mei sinei fosun Spanish me Russian. Sarinfan-Animu 8am-5pm. **1-800-556-6616**. Web: www.oregonearlylearning.com.

Parents Anonymous of Oregon (Ewe Morrison Child me Famini Services): Ei group aninis ngeni iin me sam ese pwan kamo iwe meinisin chon mwochen fiti ir mi ketiw. Mi or ekkewe group ir mi co-led ren ekkewe iin me sam ika ekkewe wesewesin chon angang ir mi train non ekkewe auchean itenapen kaeo, ren epetin kirikiringawen/tumwunungawen semirit (ika ewe child abuse prevention Parents Anonymous® model). Ekkewe iin me sam ir mi pwan tongeni fiti ekkewe support group ren mwan me fefin ir mi tou seni ar nomw non riaffou ren faniten osukosuken sakaw/drugs (survivors) me ekkewe ir mi nomw non osukosuk ren ewe Department of Human Services Child Welfare. Ewe Parent Mentor Program: mi wor “peer mentoring” ngeni ekkewe iin me sam mi kur ewe addiction me ir mi pwan nomw non osukosuk ren DHS-Child Welfare system. **(971) 263-3091**. National Parent Helpline ren ewe support nefinen groups: (503) 258-4568.

Osukosuken non Famini, Nissou mei Echimwa me Kawet ren Nissou

Abuse Recovery Ministry me Services (ARMS): Ese kamo omw kopwe feito fiti ei recovery group ika pwe en emon fefin nge mi kuk fiengawen osukosuken non famini. Ewe intervention/epet ren osukosuken non famini mi or ngeni mwan me fefin (nge ina epwe or fee), mi pwan suk ngeni ekkewe voluntary me court-ordered clients. Ei program nge si kait seni paipen iwe mi pwan suk ngeni meinisin. Ewe mailing address: P.O. Box 663, Hillsboro, OR 97123. **(503) 846-9284**. Web: www.abuserecovery.org.

Domestic Violence Resource Center: Ee aiti, anisi, me apochokuna ekkewe ir mi kuna manau mwirin ar nomw non riaffou ren faniten osukosuken non famini. Ir mi pwan awora ekkewe service ese pwan kamo ren aninisin annukun epet (protective order), aninisin counseling, me shelter mi monomon, akkotun tumwun, referral ren aninis, me osukun non community. 735 SW 158th Ave. Suite 100, Beaverton, OR 97006. Ofes: (503) 640-5352. **24-hour crisis line: (503) 469-8620**. Web: www.dvrc-or.org.

Domestic Violence Safe Dialogue: Ee pwisin mwochen aninis ren pekin porous non en neni mi tumwun nefinen ekkewe ir mi peen afeiengaw me ekkewe ir mi afeiengawa emon/ekkocho ren osukosuken non famini ekan ese pwan wor ar akomw relationship ir mi qualify/tufich. Mi wor tiimen mwan me fefin re wisen anganga ekan class. Chon fiti ir mi tongeni uwei emon epwe anisir. Ewe Survivor Impact Panel: Ew panel ren ekkewe ir mi fen tou seni ar nomw non riaffou ika afeiengaw (survivors) ra apourosa met mwiriton ar feiengaw. Lutheran Community Services Northwest, 605 SE Cesar E. Chavez Blvd., Portland, OR 97214. **503-750-6779**. Web: www.dvsdprogram.com.

Osukosuken non Famini, Nissou mei Echimwa me Kawet ren Nissou (Sopwosopwonon)

Home Free (Ekkewe Volunteers ren America Oregon): Programin Epetin ewe osukosuken non famini. Mi wor ewe taman transition/siwin ren aninis onongonong won ewe Multnomah County Court, ewe DHS Child Welfare, ewe Portland Police Bureau, me ekkewe clinic. Ekkewe chon anisi ra tongeni anisi ekan famini ren pekin ar motel ika ar nomw non ekkewe “safe housing”. Mi wor nouch chon angang ir mi sinei fosun Spanish. Sarinfan-Animu 8am-6pm. 3910 SE Stark St., Portland, OR 97214. **(503) 235-8655**. Web: www.voar.org.

Call to Safety: Anisi ekkewe survivors ren osukosuken non famini me kawet ren nissou. Re offer-ini ewe 24-awa won fon ren pekin akkotun tumwun me anisinin memef, porous me referrals ren anisinin ekkewe mi kuna manaw murin ar nomw non riaffou me emergency housing, ekkewe local me towawen ren anisinin ekkewe “feiangaw-ngeni-tumwun” transportation, ewe follow-up ren aninis me ewe case management, ese fokkun kamo ekkewe sakkun pekin aninis (support groups), ewe language line ren anisinin sakopaten fosun ekis; community outreach me pekin kaeo/education. **(503) 235-5333** ika 1-888-235-5333. Web: www.calltosafety.org.

Rose Haven: Advocacy ika aninis me ewe community resource ren referral, ewe akkoten goals, pisek, mwongo, pisekin nimenimen inis, tutu, ewe mailing address, ewe voice mailbox me classes. Ekkei aninis ngeni fefin, semirit me ekkwan aramas ir mi mefi feiangaw, osupwang me osukosuken ika apwangapwangen non inis/mekur. Sarinfan-Animu 8:30am-12pm me 1pm-4pm. 627 NW 18th Ave., Portland, OR 97209. **(503) 248-6364**. Web: www.rosehaven.org

Sexual Assault Resource Center (SARC): Ar ewe ofes mei kesip non ei fansoun sia mak pwokiten ei COVID-19, nge neur kan advocates ir mi kawor won fon 24/7 ar repwe aninis ngeni ekkewe survivors me non Washington County ren ar kewe pioing me ekkewe law enforcement agencies. Ika pwe ra pwan tongeni churi emon me emon aramas ekkei advocates ra tongeni awora ewe aninis non ekkana neni. Emon me emon ika group counseling non fosun Merika me Spanish a chok tongeni tawe ren video-call iwe pwan won fon nge ren non fofoun aramas me SARC ika ra poputa sefan me churi aramas. Ekkei aninis mi kawor ngeni meinsin ir mi kuna manaw murin ar nomw non osukosuken ren afeiangawen nissou/foforungaw. 4900 SW Griffith Dr. Suite 100, Beaverton, OR 97005. Ofes: **(503) 626-9100**. 24-awa ren aninis won ewe crisis line: **(503) 640-5311**. Web: www.sarcoregon.org.

Project Única: Domestic violence advocacy line non fosun Merika me Spanish ren foforen epet (interventions), housing me anisinin non kapwung. 24-hour crisis line: **(503) 232-4448**. Web: www.projectunica.org.

Ekkewe Emergency Shelters ren Osukosuken non Famini

Bradley Angle: Ekkewe emergency shelter, aninis me chikaren ekkewe watte me semirit ekkwan re mefi ika tou seni ewe osukosuken famini. Ekkwan program mi pachenong ekkewe aninis ren LGBTQ me Black/African American survivors. Mi or nouch kewe chon angang ir mi sinei fosun Spanish me pwan ekkewe ekkoch fosun fonu iwe kich mi pwan awora translation. 5432 N. Albina Ave., Portland, OR 97217. Ofes: (503) 232-1528. 24-hour crisis line: **(503) 235-5333**. Bradley Angle Resource Center: (503) 595-9591. Web: www.bradleyangle.org.

Monika’s House (Angangan a feito seni ewe Domestic Violence Resource Center): Mi monomon ewe emergency shelter ren ekkwan watte, semirit me nour kewe man re su seni met mi efeiangaw. Mi or aninis ren ei neni mei awora advocacy, aninis ren case management, me aninis ren ekkewe groups. Ren ewe intake/screening ren ewe nenien shelter, kokori ewe crisis line nefinen 8am-12pm. Mi or nouch chon angang ir mi sinei fosun Spanish. 24-awa ren ewe crisis line: **(503) 469-8620**. Web: www.dvrc-or.org.

Raphael House of Portland: Ren ewe Emergency shelter ren famini me ekkewe aramas re su seni osukosuken non famini, ewe case management, ekkewe groups re kan aninis me ekkoch program mi kawor ngeni ekkwan re keran war me ekkewe ra pin nomw ren ekkewe chon nomw non ekkewe shelters. Prevention education ika ewe sukunen epet me non middle me high school, me ewe recovery mentor program, pwan ewe healthcare advocate. Iwe mi pwan or nouch chon angang ir mi sinei fosun Spanish. Ren ewe shelter access line: **(503) 222-6222**. Ren pekin kapas eis: (503) 222-6507. Web: www.raphaelhouse.com.

Uuf, Ese Kamo

Bethlehem House of Bread: Ei sitowa ese kamo nge mei chok kesip ren ei pandemic nge mei tongeni suk sefan nge a awora ufen watte, ekoch ufen semirit me ekoch pisek. Eis ren tichikin nour minafon awa inet ra suk sefan. 9055 SW Locust St., Tigard, OR 97223. **(503) 639-3181**. Email: bethlehemhouseofbread@gmail.com. Web: <https://bethlehemhouseofbread.org>.

Caring Closet: Uuf mi wor ngeni ekkon chon sukun non Tigard-Tualatin School District. Ar famini repwe referred seni nour counselor non ar sukun ika chuto ika e wor ar appointment. A mumuta donations ngeni chok ewe neni e nom Tigard Grange 8am-6pm fisu ran non ew wiik (nour awa mi tongeni siwin) Ena Tigard Grange nenien donations e nom 13770 SW Pacific Highway, Tigard OR 97223. Mi or ewe Curbside pick-up ren appointmentin ren uuf ren ewe Caring Closet ina ee nomw 9000 SW Durham Rd., Tigard, OR 97224, non ew portable/kukun neni won campus ren Tigard High School. **(503) 603-1576**. Web: www.ttsdschools.org/Page/7820.

Divine Threads: Ren chok referrals. Ekkewe makeovers/uuf, career skills training, me "Mending the Soul" groups re awora ngeni ekkewe ir mi nomw non kirikiringaw me raiffou. Ekkon fefin ra tongeni kori TTFRC ar repwe tungor ew referral, amasow application, iwe TTFRC epwapw email ekkana form ngeni hope@divinethreads.org. Ina ee nomw Tualatin. **(503) 97-HOPE-5**. Web: www.divinethreads.org.

St. Francis Clothes Closet: Mi tongeni epwe kesip ren ei pandemic. Mwongo me uuf ese kamo. Aunungat 9am-11am me 5pm-7pm me Aruwano 9am-11am. St. Francis Old Hall, 15659 SW Oregon St., Sherwood, OR 97140 (nukunupen ewe fan mi pwech). **(503) 625-7067**. Web: www.stfrancissherwood.org/social-action-ministries.

Tualatin Seventh Day Adventist Church: Mi tongeni epwe kesip ren ei pandemic. Uuf mi wor ngeni ekkon famini ese watte ar income. Nenien tutu me sop pisek mi wor. Mi or nouch volunteer ir mi sinei fosun Spanish. Iteiten Aunungat 9:30am-12pm. 22222 SW Grahams Ferry Rd., Tualatin, OR 97062. **(503) 692-2915**. Email: tualatinsdaoffice@gmail.com. Web: www.tualatinor.adventistchurch.org.

Uuf, Mei Mo Kukun

Goodwill: Sarinfan-Ammon 9am-9pm me Raninifen 10am-8pm. 13920 SW Pacific Highway, Tigard, OR 97223. **(503) 624-8570**. Web: www.goodwill.org.

Salvation Army Famini Thrift Store Tigard Boutique: Sarinfan-Ammon 9am-8pm. 11847 SW Pacific Highway, Portland, OR 97223. **(503) 646-3531**.

Tigard Discovery Shop (American Cancer Society): Sarinfan-Ammon 10am-4:30pm. . 11545 SW Durham Rd. Suite B3, Tigard, OR 97224. **(503) 684-9060**. Web: www.cancer.org.

Union Gospel Mission Famini Thrift Store: Mi kan or ach amomo iteiten wiik. Aru-Ammon 10am-5:30pm 11611 SW Pacific Highway, Tigard, OR 97223 (across seni ewe Tigard Cinemas, nukunupen ewe Teriyaki restaurant). **(503) 639-6488**. Web: www.ugmportland.org/thrift-store.

Value Village Thrift Store: Sarinfan-Ammon 9am-9pm iwe Raninifen 10am-8pm. 12060 SW Main St., Tigard, OR 97223. **(503) 684-1982**. Web: www.valuevillage.com.

Furniture/Pisekin non Imw

Community Warehouse: Mi or ach masowen non imw me pisekisekin non imw. Ewe famini epwe eto fan noun ewe taropwen met ekkewe mi need, nge faniten ei pandemic, iwe ekkewe chon angangen Community Warehouse repwene wisen fini me deliver ini ngeni imwen ewe famini ewe nge ina epwe \$400 memen ena fee. Appointments ina re kan for seni ekkewe partner agencies ren chowean ewe Tigard-Tualatine Famini Resource Center. Mi pwan or ekkis ach aninisin mwoni mi kawor. 8380 SW Nyberg St., Tualatin, OR 97062. **(503) 347-2147**. Web: www.communitywarehouse.org.

Nenien Tutu me Sopw

Just Compassion: Ewe ewin Raninifen iteiten maram seni 1pm-3pm, kopwe wareto mwen 2:30pm, ina epwe chok wattenon omw kopwe mina iwe ina epwe ru load ren pisek kopwe sopwuni, iwe tutu ren ekkewe local imwen fan ren ekkewe mi homeless, mi pwan or sandwich. Unity Laundromat, 11945 SW Pacific Highway Suite 123, Tigard, OR (nukunupen ewe Dollar Tree). **(503) 624-4666**. Web: justcompassionewc.com.

Rolling Hills Community Church: “Wash and Worship” iteiten Raninifen seni 8:30am-10:30am me ren ewe Community Life Center. Kich mi pwan awora mwongon nesosor, en mi tongeni tutu, me sopwuni pisekumw ren ekkewe ir mi need. (Ren mwongo mi pwich me sopw ika pwe en mi need iwe mi pwan kawor iteiten Sarinfan seni 5pm-7pm ina epwe or efoch shuttle seni Tualatin Library kunok 4:45pm). 3550 SW Borland Rd., Tualatin, OR 97062. **(503) 638-5900**. Web: <https://rollinghills.org/care/food-shelter-healthcare>.

Sherwood YMCA: Kopwe koko ren omw kopwe cheki ika mi or nenien tutu mi suk, ee kan \$2 emon aramas (ese pwan or sopwun pisek.) **(503) 625-9622**. 23000 SW Pacific Highway, Sherwood, OR 97140. Email: sherwood@ymcacw.org. Web: www.ymcacw.org/locations/sherwood-regional-famini-ymca.

St. Anthony Catholic Church: Ekkewe nenien tutu ee kan suk iteiten aunungatin Sarinfan fan ewe maram seni kunok 3pm-5pm seni April – October me St. Anthony Chapter Room (Ese pwan or nenien sopwun pisek). November-March ren nenien tutu iwe ina ee kan suk ewe Severe Weather Shelter. 9905 SW McKenzie St., Tigard, OR 97223. **(503) 639-4179** ika email: info@satigard.org. Web: Satigard.org.

Tigard United Methodist Church: Ekkewe nenien tutu me nenien sopwun pisek iwe ee kan suk iteiten ewin Raninifen iteiten maram seni 1pm-4pm iteiten ier. Ekkewe nenien tutu non eruwanun Sarinfan iwe ee kan seni 3pm-5pm April - October (Ese pwan or sopwun pisek). 9845 SW Walnut Pl., Tigard, OR 97223. **(503) 639-3181** ika email: info@tigardumc.com. Web: www.tigardumc.com.

Pekin Sai/Transportation

Metropolitan Famini Service: Ewe Ways to Work nge ew national program ngeni ekkewe iin me sam ir mi akangang nge rese tongeni repwe loan ren war, forun war, me refinance. Ren omw kopwe eligible: kopwe angang non ukukun 20 awa ew wiik non ukukun 3 maram etino, epwe pwan or noumw license seni Oregon ika Washington, iwe kopwe pwan tori ewe household income guideline. **(503) 232-0007 ext. 101 or 150**. Email: info@mfs.email. Web: www.metfamini.org.

Ride to Care: Ese pwan kamo. Mi kawor ngeni ekkewe ir mi nomw won OHP nge rese tongeni tikeno ngeni ar kewe medical appointment. Kopwe koko ru business ran mwen omw ena medical appointment. **(503) 416-3955**. Web: www.ridetocare.healthcare.

Ride Connection: Ew private, nonprofit organization ra fokkun ekipwichi an aramas repwe tour ngeni ian ewe re mwochen no ian, fen napengeni ekkewe ra ier 60 me etino me ekkewe ir mi ter ei re kan anisir. Ach ei service iei mi or porousan me referral ren transportation ika ren omw kopwe tikeri ianen kopwe no ian, mi pwan or travel training, me support/aninis, mi or door-to-door ride ren ese pwan nifinifin fanitan, me ewe community connector “deviated-route”. Onongonong won donation chok. Nouch awan service: Sarinfan-Animwu 8:30am-5pm. **(503) 226-0700** ika email: info@rideconnection.org. Web: www.rideconnection.org.

TriMet: Ekkewe chon fiti nge ar kewe income epwe qualify me eligible ren ewe esopw-men ekkewe fares: trimet.org/lowincome.

Food Resources ika Ekkewe Pekin Aninis ren Mwongo

SNAP/Food Stamps: Faniten kich mi chungu tumwunun aramas ren ei coronavirus, iwe sa fokkun mwochen oupwe apply online ika koko mwen omw kopwe chuto. Cascade Multi-Service Center ren 10777 SW Cascade Ave., Tigard, OR 97223. Sarinfan-Animwu 8am-5pm. **(503) 670-9711**. Washington County Processing Center: (503) 693-4769. Applications me ren ewe TFFRC, Department of Human Services, ika tota won www.oregon.gov, mwirin ka kuta ewe fos "SNAP".

Pworun Mwongo me Foun Ira/Masowen non Atake

Ren ekkoch porous me pwan ian kopwe kunekun me ian ekkewe food pantries ika nenien mwongo, tota won **Food Finder website** seni ewe Oregon Food Bank: <https://foodfinder.oregonfoodbank.org>.

Bethlehem House of Bread: lei sa chok mwo curbside pickup non ei pandemic, akomw ewe iwe kich mi kan etinong shopping non ei food pantry. Ee kan chok fan ru non ew maram omw kopwe chuto. Raninfen me Aruwanu seni 1pm-3pm iwe Aru seni 4pm-6pm. 9055 SW Locust St., Tigard, OR 97223 (across seni ewe Metzger Elementary School). **(503) 639-3181**. Email: bethlehemhouseofbread@gmail.com. Web: www.tigardumc.com/pathways/bethlehem.

Free Food Ministries: Foun ira/masowen non atake me ekkewe minen non tin. Ren ewe minafa schedule, iwe tota: www.facebook.com/freefoodministriesOregon. 11735 SW Garde St., Tigard, OR 97224.

Good Neighbor Famini Pantry: Ewe pantry iwe ina ee nomw won ewe farm. En mi tongeni kopwe tota won ewe website ren omw kopwe katon ena video mwen omw kopwe etino ren ena pantry. 21555 SW Hells Canyon Rd., Sherwood, OR 97140. **(503) 554-0630**. Web: www.goodneighborfaminipantry.org.

King's Kindness Food Pantry (sponsor seni ewe Portland Vineyard Church): Ren ekkewe pworun mwongo iwe iteiten Aruwanu seni 12pm-3pm. 14460 SW114th Ave., Tigard, OR 97224 (pwokukun ewe Highway 99 me Bull Mountain Road non ewe imw ren ewe back-parking ren Christ the King Lutheran Church). **(503) 684-8225** ika email: connect@portlandvineyard.org. Web: www.portlandvineyard.org.

School Backpack Programs: En mi tongeni kopwe kapas eis ngeni chon non an noumw ewe nenien sukun ren ei program re kan wanong mwongo non an ewe semirit ewe backpack nupwen epwene no ngeni imwan, epwe poputa ika pwe ra niwin ngeni sukun.

Sherwood Helping Hands: Pworun mwongo ngeni ekkewe famini iwe ina ee kan kawor iteiten aunungatin Ammon iteiten maram kunok 9:30am-10:30pm. Koko ren omw kopwe setup ew appointment ren ewe atapwanapwanen aninisin mwongo. Sherwood United Methodist Church, 22280 SW Washington St., Sherwood, OR 97140. **(503) 625-7975**. Email: info@SherwoodUMC.com. Web: www.sherwoodumc.com.

St. Francis Food Pantry: A kan usun nge si kan shopping non sitowa non ei nenien pantry. Ei pantry nge ee kan anisi chon non Sherwood me King City. Mi kan or ekkewe seasonal foun ira/masowen non atake iwe ina e kan oroseni ewe Hope Garden. Aunungat 9am-11am me 5pm-7pm iwe Aruwanu 9am-11am. St. Francis Old Hall, 15659 SW Oregon St., Sherwood, OR 97140 (nukunupen ewe fan mi pwech). **(503) 625-7067**. Web: www.stfrancissherwood.org/social-action-ministries.

St. Vincent de Paul Food Pantry: Kopwe pwari pwe en chon nonomw non ewe zip code 97223 ika 97224. Ee kan ew pwor ew maram. Sarinfan, Aru, Aruwanu iwe Animwu 12pm-2:30pm.; Aunungat 1pm-3pm; iwe Ammon 10am-12pm. St. Anthony Catholic Church, 9905 SW McKenzie St., Tigard, OR 97223 (across seni ewe fan non ewe pwokuku won SW McKenzie and SW Grant). **(503) 684-8280**. Web: www.satigard.org/st-vincent-de-paul.

Pworun Mwongo me Foun Ira/Masowen non Atake (Sopwosopwonon)

Tigard Community Friends Church: Ee kan wor ekkewe pworun mwongo non ewe aunungatin Ammon iteiten maram seni 11am-1pm. 15800 SW Hall Blvd., Tigard, OR 97224. **(503) 620-7836**. Email: office@tigardfriends.com. Web: www.tigardfriends.com.

Tigard Covenant Church Food Ministry: Aru 9am-12pm. Kopwe kaito me chuto pwe kopwe kut noumw nampa iwe ka utiwit ren ewe asam me nukunupan ewe. Ekkei mwongo mi tongeni epwe nomwotam ina epwe 3-4 days. Kopwe kan chok chuto fan ew non ew maram. lei mi or chon angang ir mi sinei fosun Spanish. 11321 SW Naeve St., Tigard, OR 97224. **(503) 639-3084** ika email: TCC@tigardcovenant.com. Web: www.tigardcovenant.org.

Trinity Community Church: Mi or ekkei pworun mwongo a fen foruno ren ewe drive-thru service, iwe mi pwan tongeni ach sipwe deliver ngeni ekkewe ese wor war ne sato rech. E kan chok ewe aunungatin Ammon iteiten maram 12:30pm-3pm. 10900 SW 121st Ave., Tigard, OR 97223. **(503) 590-5683**. Web: <https://trinitycommunityc.org>.

Tualatin School House Pantry: Ekkewe chon nonomw Tualatin, Durham, Lake Oswego, Wilsonville, me West Linn. Kopwe uwei taropwen pwarata ren omw ewe address. Ee kan ukukun fisu ranin ekkewe mwongo ee kan kawor ew maram. Iteiten Sarinfan 3pm-7:30pm; Iteiten Aunungat 10am-3pm, Iteiten Aruwanu 4:30pm-7:30pm and Iteiten Animwu 10am-1pm. Fan ekkoch kich mi kan anomwu "Produce Harvest Share" non ewe 4th Ammon fan ew maram: kich mi kawor ekkei foun ira me masowen non atake ngeni ekkewe ese pwan or ar repwe wou pisekin pwarata ren ar address. Kopwe chuto mwen 9am. Ee kan First-come, first-served. Rolling Hills Community Church, 3550 SW Borland Rd., Tualatin, OR 97062. **(503) 783-0721**. Web: www.schoolhousepantry.org.

Willowbrook Food Pantry: Ren chok ekkewe chon nonomw Tigard, Tualatin, me Sherwood. Iteiten Aru 4pm-6pm, Iteiten Ammon 9am-11am. 19200 SW Edy Rd., Sherwood, OR 97140. **(503) 998-0545**. Email: willowbrook@journeysherwood.org. Web: <https://journeysherwood.org/willowbrook>.

Mwongo mi Pwiche

Community Café (St. Anthony Community Center): Mi kan or mwongo mi pwiche iteiten Raninfen, 5:30pm-6:30pm., pwan pachenong holidays. 9905 SW McKenzie St., Tigard, OR 97223. **(503) 639-4179**.

Faith Café: Mi kan or mwongo mi pwiche iteiten Raninfen me ewe saingonon Aruwanu non ew maram kunok 5pm. Bethel Congregational Church, 5150 SW Watson Ave., Beaverton, OR 97005. Ewe Ammon ren lunch: 11:30am-12:30pm. St. Matthew's Lutheran Church, 10390 SW Canyon Rd., Beaverton, OR 97005. Ren sopwosopwun porous, email: info@faithcafeor.org or visit www.faithcafeor.org.

Hope's Table: Ee kan or mwongon nefaf iteiten Sarinfan kunok 5pm-7pm. Ina ee nomw non ewe basement ren ewe fan ren ewe Community Life Center. Mi or transportation ika wa seni ewe Tualatin Library at 4:45pm. Rolling Hills Community Church, 3550 SW Borland Rd., Tualatin, OR 97062. **(503) 638-5900**. Web: <https://rollinghills.org/care/food-shelter-healthcare>.

Just Compassion Resource Center: Ren ekkewe watte ika ekkewe ra mwuk ir mi homeless, nenien asoso seni weather, mwongo mi eoch, nenien pincho, internet, fon, chufengen me ekkoch aramas, uuf, me porousen ekkoch aninis, me pwan ekkewe ekkoch support services. Aru, Aunungat, Aruwanu 10am-2pm. 12280 SW Hall Blvd., Tigard, OR 97223. **(503) 624-4666**. Web: justcompassionewc.com.

Hope Diner: Mi mwo kesip ren ei pandemic repwapw pwan asinesin ika inet repwene pwan suk sefan. Ika iwe ese wor ei semwen nge ir mi kan suk iteiten Raninfen seni kunok 5pm-6pm. St. Francis Catholic Old Hall, 15659 SW Oregon St., Sherwood, OR 97140. Web: stfrancissherwood.org/social-action-ministries.

Housing

211info: Tiki 211, text omw na zip code ngeni 898211, send ew email ngeni help@211info.org, ika kuta online won 211info.org.

Craig's List: Ew website mi or local me ekkewe porousen rent ren apartment. Kopwe tumwunu fichi omw tota katon pwe chomwong scam me fraud (mwakken ika porous ese ennet). Ika pwe kopwe churi emon ekkewe contact ke fos ngeni won ewe internet, iwe kopwe chemeni me uwei emon ren chok pekin safety/tumwun, iwe oupwe chufengen ian en mi chomong aramas ie. Web: www.craigslist.org.

Community Action Energy Conservation: Ese pwan kamo ewe weatherization ngeni ekkewe ir mi qualify ar kewe income ren home owners me ekkewe chon rent. (503) 906-6550. Web: caowash.org/programs/housing-stability/conservation.html.

Community Partners for Affordable Housing (CPAH): Ew nonprofit housing re kan fori ika develop watten neni ika apartment complex non Tigard me Beaverton. Re kan anisi aramas me ekkewe famini ir mi wesen need aninis re kan nomw ika angang non Tigard, Tualatin, ika SW Portland. Mi famini-friendly, mi or summer camp ren ekkewe youth, computer lab, me homework club. (503) 293-4038. Email: info@cpahinc.org. Web: www.cpahinc.org. Ren ewe taropwen list ren ekkewe neni mi suk, iwe kokori Income Property Management at 503-223-6327.

Government Assistance: Low-Rent Public Housing, Section 8 me ekkewe Project-Based Vouchers: www.co.washington.or.us/housing/programs. Sarinfan-Animwu 8:30am-5pm. (503) 846-4794.

Habitat for Humanity-Willamette West: Re kan nounou chon volunteer ne angang, Habitat nge re kan for imw iwe ra amomo ngeni ekkewe famini ir mi qualify ar income iwe mi pwan or ar ewe affordable mortgage. Ren ekkewe ir mi nomw non osukosuk ika nafangaw, ika ekkewe imwer kewe mi need exterior ika a fokkun need repair nge ese fokkun me ngenir. Iwe ou tota won <https://habitatwest.org> ren ami oupwe kaeo tichikin ewe homeownership program ika kokori (503) 844-7606 ex. 103 ika tota register online won habitatwest.org/apply me repair program (503) 844-7606 ex. 110.

Iron Tribe Network: Ewe peer support, housing, me famini reunification services ngeni aramas ika ekkewe famini ar repwe tou seni ekkewe osukosuk me "barriers" nupwen ar nomw non ewe transition ika siwin ngeni ar repwe apochokuna nonomwur me ar kewe nukunuk. Koko ren omw kopwe sinei ekkewe housing requirements. Sarinfan-Aruwanu: (503) 344-6710. 17763 SE 82nd Dr. Suite A, Gladstone, OR 97027. Email: info@IronTribeNetwork.org. Web: www.irontribenetwork.org.

Let's Share Housing: Aninis omw kopwe kunekun ew omw housemate (ika roommate/chon nomw room). Ekkewe homeowners me ekkewe chon kut ir mi tongeni repwe katon ren ar repwe kunekun tufichin imw/neni, access ngeni ekkewe porous mei auchea ren eaea-fengeni imw/neni (house-sharing, fofor mi local, me pwan sokopaten men. Email: Info@LetsShareHousing.com. Web: www.letssharehousing.com.

Rebuilding Together Washington County: Re kan anisi ekkewe homeowners non Washington County ren forun imwer kewe nge ese pwan kamo. Napengeni ekkewe urgent repairs (mi atapwanapwan) iwe ee kan nomw won ach ewe emergency basis me ekkewe resapw-emergency iwe mi wor ewe waitlist. Ach kei resoures nge mi kauk ina minne meinisin ekkewe qualified ika tufichin homeowners ina resapw angei aninis seni kem. 12550 SW 3rd St., Beaverton, OR 97005. (503) 644-4544 or email: rtwc@togwc.org. Web: www.togwc.org.

Renter's Rights Hotline: Mi or chon angang ir mi sinei fosun Spanish. Sarinfan, Aunungat, Animwu, me Ammon 1pm-5pm; Aru 6pm-8pm. (503) 288-0130. Web: www.oregoncat.org.

Rent Well: Ew education class ngeni ekkewe tenant/chon rent ren ar epwe eochuno ar housing record. Tiki 211, text zip code ngeni 898211, send email ngeni help@211info.org, ika kuta online won 211info.org.

Safe Families for Children: Ew network ren ekkewe famini re kan wisen host nge re kan volunteer repwe anisi ekkewe iin me sam ren ar repwe tumwunu ngenir nour kewe ika pwe ra nomw non osukosuk. Ekkewe iin me sam nge sa pesei ngenir repwe chuto ika fofos ngeni nour kewe nupwen ar nonomw ren ekkewe host famini me ar nomw non ei program, pwe ach ewe goal nge ekkewe famini repwe niwin sefan inet chok a fichi ngenir. Ekkewe host famini nge kich mi screen inir, traininir, iwe rese pwan kamo. Ren pwan ekkoch porous ika ke mwochen chuto kopwe katon Safe Families nge mi eochu ngonuk me non omw no situation iwe kokori (503) 906-1027 ika email: info@safefamiliespdx.org. Web: www.safefamiliespdx.org.

Aninisin Serafo (ren pekin housing)

Boys & Girls Aid: www.boysandgirlsaid.org:

- **Safe Place:** Ren ekkewe ra ier 12-20. Nge resapw eligible ngeni ekkewe aninis seni ewe Oregon Youth Authority. Mi or mwongo, uuf, nenien tutu, shelter, me ewe case management. Ew chok short-term shelter ei ren omw kopwe tongeni nomw tori chok 30 ran. 454 SW Washington St., Hillsboro, OR 97123. Ofes **(503) 542-2717**. Ren ekkewe Intake me referrals: kokori ewe ofes ika (503) 542-2389. 24-awa fon lines. Mi or ena waiting list.

Transitional Living Program: Ren ekkewe serafo ra ier 18-23 nge ir mi homeless ika repwene nomw won homeless, iwe mi or ar ekkis income (angang, SSI, SSDI), iwe ir mi tongeni repwe fiti ei check-in iteiten wiik, iwe ika ir mi pwan tongei repwe nomw won ar pwisin. Ei program nge mi pachenong ru ier ar repwe nomw non ew apartment me non central Beaverton, aninis ngeni ar repwe sopwosopwono non education me ar angang, me pwan ewe aninisin mwoni mi pwan fiti ar pekin health, education, imw/neni, me ekkewe pisekisek, me pwan ar kewe skills ar repwe tongeni pwisin anisir me uta won ar, iwe repwe pwan anukuchara ririn nefiner me chiener kewe. En mi tongeni kopwe submit ew tungor omw kopwe fiti ei program me won at www.boysandgirlsaid.org/shelterandhousing.

Homeplate: Ren ekkewe serafo ra ier 12-24 iwe ra nomw non osukosuken imw ika ra need aninis ar repwe tongeni pwisin support ini ar repwe uta won ar. Mi or to-go meal me access ngeni ekkew chomwongun resource ren chowean ekkewe pisekin nimenimen inisumw me ekkewe uuf. Koko mwen omw kopwe chuto ren omw kopwe for omw appointment ren omw kopwe tutu ika sopw pisek. Sarinfan-Animwu 1pm-5pm me 12520 SW 3rd St., Beaverton, OR 97005. Ren ekkewe serafo ir mi mwochen aninis me ekkei service, email: outreach@homeplateyouth.org ika kokori **(503) 320-8965**. Mi or chon angang ir mi sinei fosun Spanish. Web: www.homeplateyouth.org/drop-in.

Job Corps: Ew career technical training me education ese kamo ngeni ekkewe ra ier 16-24 ren ar repwene poputa ar career ika ar advance non higher education (college ika university). Ekkei chon sukun nge re kan earn ewe national recognized certification nupwen ra awesi ar kei trades. Ekkei chon sukun nge ir mi tongeni repwe nomw non dom ika commute seni campus mi or mwonier ar gas me bus pass iwe kich mi awora iwe ir mi pwan angei nour sti-pen iteiten ru wiik iwe ir mi pwan angei access ngeni ar kewe pekin medical/pioing, dental/aisa, me vision/mas service, nupwen ar enroll. Meinsin ekkei education me living expense (moni tou) kich mi meni ngenir. Ekkewe serafo nge repwe US citizen ika legal residents ir mi atipeu pwe repwe apwonueta ewe “zero-tolerance policy” ika annuk won drugs, arekor/sakaw, foforongaw, me turunufos/namanam tekia. Mi or ach income guidelines. Ach ewe local ofes: 241 SW Edgeway Dr., Beaverton, OR 97006. **(503) 526-2739**. Web: www.jobcorps.gov. PIVOT Job Corps: 2701 NW Vaughn St. #151, Portland, OR 97210. (503) 695-3181. Web: pivot.jobcorps.gov.

Safe Families for Children: Ew network ren ekkewe famini re kan wisen host nge re kan volunteer repwe anisi ekkewe iin me sam ren ar repwe tumwunu ngenir nour kewe ika pwe ra nomw non osukosuk. Ekkewe iin me sam nge sa pese ngenir repwe chuto ika fofos ngeni nour kewe nupwen ar nonomw ren ekkewe host famini me ar nomw non ei program, pwe ach ewe goal nge ekkewe famini repwe niwin sefan inet chok a fichi ngenir. Ekkewe host famini nge kich mi screeninir, traininir, iwe rese pwan kamo. Ren pwan ekkoch porous ika ke mwochen chuto kopwe katon Safe Families nge mi eochu ngonuk me non nonomwumw iwe kokori **(503) 906-1027** ika email: info@safefamiliespdx.org. Web: www.safefamiliespdx.org.

Second Home (a program of Ecumenical Ministries of Oregon): Ekkewe re kan volunteer an repwe suki imwer kewe ngeni ekkewe chon sukun re homeless nge pwan no sukun high school. Ekkei pekin aninisin home-share nge ra nomw fan pwungun ewe rental agreements me ekkewe annukun imw ekkewe famini me ekkewe chon sukun ra tipeew fengeni pwan fiti aninisin ekkewe chon angangen Second Home me ewe volunteer mediator. **(503) 221-1054 ext. 277**. Web: www.emoregon.org/second-home.

Youth Villages Lifeset: Ekkewe specialist ika meinap re kan wisen anisi ekkewe foster youth me ekkewe youth ra ier 17-22 ar repwe sinei met ar goals me awenar ren: ar repwe awesi sukun me angei nour GED, apply ngeni college me scholarship, kut imwer, me kaeo ar repwe nounou eoch mwoni, me kut ar angang, me apply nour medical insurance, kuta ngenir aninisin pekin safei/pioing ren physical me mental health services, me ar repwe pwan sinei ian repwe kuta ian aninis ika resources me non ach ei community. Ekkewe specialists nge re kan churi ekkewe chon fiti fan ew non ew wiik non ew neni mi eochu ngenir. Ee kan ukukun 6-12 maram taman ei program omw fiti, pwan ma ii onongonong won an emon me emon need. **(503) 635-3416**. Web: www.youthvillages.org/about-us/locations/oregon.

Aninis ren Rent me Utility/Fifi

Community Action Emergency Rent Assistance: Non ei fansoun osukosuk (nupwen am ei printini ei taropwe), ekkewe chon rent mi kukun ar income non Washington County iwe ir mi tongeni repwe apply fan chomwong nupwen ir mi need. Meininis ekkei application nge epwe mak iter won ewe contract. Ekkewe rent lines nge re kan awora seni Sarinfan-Animwu ee kan suk kunok 9am iwe mwirin a kesip a chok a full non ew ran. En mi tongeni kopwe tungor ew call-back me wonline, nge ee kan chok 150 ee mumuta ach sipwe korir sefan me “screen requests”. Ina epwe fen tori ew wiik an aupwe tongeni call-back onongonong won fitemon chon chumwong. Ekkewe famini mi eligible ee kur ewe COVID, mi tongeni epwe pwan kawor aninis fan iter. **(503) 615-0770**. Web: <https://caowash.org/programs/housing-stability/renter-support.html>. Aninis ngeni ekkewe mi homeless ir mi minafo ar ewe taropwen atipeewan rent iwe re kan angei aninis seni Community Connect. Ren ar repwe screened ren ewe assessment, kose mwochen kokori (503) 640-3263 ese pwan nifinifin kunok fan ewe.

Community Action Utility Assistance: Ir mi kan suk unusen ier, onongonong won ar ewe fund, ar repwe cover ini ewe fifi, gas, me ewe heating fuel. Epwe or noumw taropwen pwarata ren noun meininis ID ren ekkewe watte non chochon ewe imw, copyin taropwen ami we utility bill, iwe pwinin maramen upwutiwemi me noumi social security ren pwan meininis chochon non ewe imw, ika pwe mi tufich. Ewe taropwen esinesin ar repwe offei ami kewe utility ese pwan required. Koko Sarinfan-Eruwanu 9am-12pm ika tungor omw appointment online. Kich mi kan pwan awora chon chiaku. Beaverton ofes: 5050 SW Griffith Dr. Suite 100, Beaverton, OR 97005 or Hillsboro ofes: 1001 SW Baseline, Hillsboro, OR 97123. **(503) 615-0771**. Web: caowash.org/programs/energy-assistance. Email: energy@caowash.org.

NW Natural Gas: Ei kompeni mi tongeni angang ngeni nour kewe customer ren ar repwe mina ew payment plan fan iten an nour ewe customer need. Sarifan-Animwu 7am-6pm. 250 SW Taylor St., Portland, OR 97204. Past-Due Bills/Credit Arrangements: **(503) 226-4240**. www.nwnatural.com.

Portland General Electric: Ar ewe customer service department mi tongeni epwe anisi ekkewe customer ra weires me meni ar kewe utility bills. Mi pwan or ewe payment extension ika ewe repwe atamano omw ewe payment iwe ina ir mi tongeni repwe process ini online ika seni ewe phone system ika pwe ewe customer m eligible. Sarinfan-Animwu 7am-7pm. 121 SW Salmon St., Portland, OR 97204. **(503) 228-6322**. Email: customer.service@pgn.com. Web: www.portlandgeneral.com.

Society of St. Vincent de Paul Emergency Service Center: Ee wisen awora mwongo, rent, me ewe anisin utility ren Multnomah and Clackamas Counties. Mi pwan awora aninis ngeni ekkewe famini re nomw Tualatin nge non chok ekkewe specific area. 8101 SE Cornwell St., Portland, OR 97206. Sarinfan-Animwu, 9:30am-12pm me 1pm-3:30pm. **(503) 235-8431** ren mwongo tiki 1, ren rent tiki 2.

St. Vincent de Paul (St. Anthony Catholic Church): Mi chok kauk anisin rent me utility ngeni ekkewe chon nomw 97223 me 97224. 9905 SW McKenzie Dr., Tigard, OR 97223. **(503) 684-8280**. Ewe anisin rent email: svdp.rent@gmail.com. Ewe anisin utility email: svdp.utilities@gmail.com. Ewe anisin konik (City of Tigard konik chok) email: communitycafe@satigard.org. Web: www.satigard.org/st-vincent-de-paul.

Aninisin Internet me Fon

Comcast Internet Essentials: Re kan wisen awora internet ren \$9.95/ew maram me computer ren ukukun \$149.99. Ren omw kopwe tongeni qualify, ewe famini epwe qualify ngeni ewe program usun ewe National School Lunch Program (usun ewe programen mwongo ese kamo ika mo kukun), ewe aninisin housing, Medicaid, SNAP, SSI, WIC, ika ekkewe pwan ekkoch program iwe esapw pin nounou Comcast Internet non ewe 90 ran a no. Kokori **1-855-846-8376** ika non Spanish kokori 1-855-765-6995 ren omw kopwe tungor echo application. Web: www.internetessentials.com.

Oregon Lifeline: Ewe ukukun repwe chok tongeni akukunatiw ewe memen fon iwe ina epwe \$19.25 ew maram iwe \$21.25 ren ewe internet pwan ukukun ew maram ika fen angei efoch cell fon ese kamo mi pwan fiti data. Ewe basic rate won ewe memen fon mi tongeni epwe kukunutiw ngeni ekkewe re nomw won SNAP/food stamp, Medicaid, ewe Supplemental Security Income (SSI), ewe Federal Public Housing Assistance, Veterans ika ewe Survivors Pension Benefits ika ewe unus ren ewe household income mi nomw ika kukunutiw fan 135% ren ewe Federal Poverty Guidelines (katon page 1). **1-800-848-4442**. Web: www.rspf.org.

Ese Kamo me Mo Kukun Cell Phone Options seni ewe Lifeline Services:

- **Access Wireless by i-wireless:** Ekkewe minafo customer 1-888-900-5899, ekkewe customer seni me noom 1-866-594-3644 ika tota won ewe website ren www.accesswireless.com
- **Assurance Wireless by Virgin Mobile:** 1-888 321-5880 ika www.assurancewireless.com
- **enTouch by Boomerang:** 1-866-488-8719 ika www.entouchwireless.com

PCs for People: Ir mi offer ewe nationwide high speed 4G LTE internet service ren Sprint me discount ren modem. Modem mi tongeni epwe shipped iwe wareituk non ukukun 3-5 business ran. Internet service: Pre-paid plans memen ra seni \$15 ren ew maram, \$45 ren 3 maram, \$90 ren 6 maram, me \$180 ren 12 maram. Modem: \$95 memen ewe fee fan ew chok iwe shipping ese pwan kamo. **(651) 354-2552**. Email: internet@pcsforpeople.com. Web: www.pcsrefurbished.com/sales/buyInternet.

Spectrum Internet Assistance: Ekkewe mi eligible kukun-income households ir mi tongeni repwe discount ren ewe high-speed internet nge ese pwan fiti taropwen tipeew/contract. Ei offer nge ese pwan available ngeni ekkewe mi pwisin or ar internet seni ei kompeni. Ren omw kopwe qualify, emon ika napeseni emon chochon non imwom ewe epwe receive ika angei aninis seni ew ekkei program: National School Lunch Program (akanamon ika unusen ewe sukun), ika ewe Supplemental Security Income. Kopwe apply online. Ekkewe application iwe ina en mi tongeni kopwe download ini non English ika Spanish: www.spectrum.net/support/internet/spectrum-internet-assist.

Telecommunication Devices Access Program: Ekkewe loans re tufich non pisekin fon iwe ese pwan kamo me esapw pwan fiti ewe annukun kaukun income ngeni ekkewe ir mi eligible ren ekkewechon Oregon mi wor rer ew ekkei metoch: ar rongorong (mi ekkis ngeni kon ngaw, ngaw, ika a fen kon ngaw), ar kuna, ar fos, me mwokutun inis, ika ar wewe. **(503) 373-7171**. TTY: **(503) 378-6962**. Email: puc.rspf@state.or.us. Web: www.rspf.org.

Tigard me Tualatin Public Libraries: Ekkewechon Washington County ir mi kawor nour library card ir mi tongeni repwe access ini Wi-Fi seni ekkewe library kompiuter me pwan seni pwisin nour kewe laptop kompiuter. Tigard Public Library: 13500 SW Hall Blvd., Tigard, OR 97223. **(503) 684-6537**. Web: www.tigard-or.gov/library. Tualatin Public Library: 18878 SW Martinazzi Ave., Tualatin, OR 97062. **(503) 691-3074**. Web: www.tualatinoregon.gov/library.

Ekkewe Shelters

Ewe Comprehensive Washington County shelter waiting list: **(503) 640-3263**

NGENI CHOK EKKWE FAMINI MI WOR NOUR SEMIRIT

Famini Promise of Tualatin Valley: Ngeni ekkewe famini ra homeless re kan nonomw non Tigard-Tualatin, Sherwood, me Lake Oswego school district. Esapw ekkewe emergency shelter ren nepwin. Ekkewe famini repwe pre-approved mwen ar repwe tonong non ei program. Ekkewe pekin aninis ren ekkewe neni ren neran me ekkewe ren nepwin re nomw iwe ina repwe nomw ren ekkewe local imwen fan me ekkewe civic organizations. Famini mi wor nour semirit iwe kich mi kan sisiwin iteiten wiik ren ar repwe nomw non meni ekkewe neni non pwisin ar kewe space. Kich mi awora pekin sai ika transportation ngeni ekkewe Famini Promise (neni ren neran) iwe re kan awora mwongon nesosor, nenien tutu, me ekkewe nenien sopw. Ina epwe unungat ngeni ruwanu famini re tongeni repwe nomw. Kich mi pwan awora ewe case management me ekkewe aninisin ach ei community. Programen COVID iei a mwo ekkis sokono non ei 2021: ewe shelter a nomw non ekkewe local motels. Meinsin ekkewe chon mwochen apply iwe ina repwe akomw check ren ika mi wor ar kewe semwen pwe ika epwe torir COVID ren ar repwe kopwe tongeni qualify ngeni ei program. Ei motel program epwe chok suk anongonong chok won funding. 20425 SW Stafford Rd., Tualatin, OR 97062. **(503) 427-2768**. Web: www.faminipromiseoftv.org

Good Neighbor Center: Ewe shelter ngeni famini repwe nomw non ukukun chok ru maram, unungat mwongo ew ran, mi or ewe childcare program, Rent Well classes me ewe case management. 11130 SW Greenburg Rd., Tigard, OR 97223. (503) 443-6084. Web: www.goodneighborcenter.org. Ren omw kopwe tota won ewe waiting list, kokori **(503) 640-3263**.

Community Action Hillsboro Famini Shelter: Ew emergency shelter kopwe tongeni nomw ukukun chok nimwu wiik fiti ewe case management service. 210 SE 12th Ave., Hillsboro, OR 97123. Ren omw kopwe tota won ewe waiting list, kokori **(503) 640-3263**.

YOUTH

Safe Place: Ngeni ekkewe serefo ra ier 12-20. Iwe resapw pwan eligible ngeni ewe Oregon Youth Authority. Mi wor mwongo, uuf, nenien tutu, me shelter, me pwan case management. Ei chok short-term shelter kopwe tongeni nomw non ukukun chok 30 ran. 454 SE Washington St., Hillsboro, OR 97123. Ofes: **(503) 542-2717**. Ewe Intake me referrals: Kokori ewe ofes ika **(503) 542-2389**. Ewe 24-awa fon lines. Mi wor ena waiting list. Web: www.boysandgirlsaid.org/shelterandhousing.

SEVERE WEATHER SHELTERS

Severe Weather/Warming Centers (Washington County): Ren ika mi suk ewe shelter, kokori **211** ika tota won ewe www.co.washington.or.us iwe kuta ewe "Severe Weather Shelters".

DAY PROGRAMS (NERAN)

Just Compassion Resource Center: Re awora met ekkewe mi homeless ren ekkewe ra watte need. Iteiten Aru, Aunungat, Aruwanu seni kunok 10am-2pm. 12280 SW Hall Blvd., Tigard, OR 97223. **(503) 624-4666**. Web: justcompassionewc.com.

Open Door: Ewe Day service ngeni ekkewe mi homeless. Mi wor nenien ngaseno fiti ekkewe pisekisekin nimenimen inisumw, day room ren omw kopwe nomw non ika pwe mi ngaw ran, fon, mail, employment, me housing service. Ee kan wor mwongo mi pwichikar kunok 12pm. Sarinfan, Aru, Aruwanu, Animwu 9am-4pm (kich mi kan kesip Aunungat, me weekends). Ekkewe ekkoch agency service: Mortgage Foreclosure Intervention, Financial Education, Reverse Mortgage Counseling, Homebuyer Education. 34420 SW TV Highway, Hillsboro, OR 97123. **(503) 640-6689**. Web: www.odhw.org.

OSUKOSUKEN NON FAMINI

Call to Safety's 24/7 Crisis Line: Call to Safety ir ra wisen koko ngeni meinsin ekkewe local shelters kunok 9am ren ar repwe katon ika fite mi suk. Ekkewe survivors ir mi tongeni kori ewe crisis line ren ar repwe cheki ika mi wor mi suk ren ewe nampa **(503) 235-5333**.

Activities ika Urumwot ren Ekkewe Kukun Semirit

211info Child Care: Re kan awora ewe referral ese kamo ren child care me ekkewe ekkoch aninisin iin me sam me aninisin famini. Kokori 211, ika text ini ewe fos “children” ika “ninos” ngeni ewe nampa 898211, ika email children@211info.org. Sarinfan-Animwu 7am-11pm; Ammon-Raninfen 8am-8pm.

Arts for All seni ewe Regional Arts & Culture Council: Kopwe pwari noumw ewe Oregon Trail Card ren omw kopwe tongeni angei ewe tikit ee kan \$5 me ren an Portland ewe arts event ren music, theater, dance, me ekkewe pwan ekkoch attraction. Ren ewe list mi unus ren ekkei penen organization, iwe kose mwochen tota won racc.org/artsforall.

Baby and Me Group: Mi kesip ren iei fan iten ei COVID-19. Nge mi wor ewe \$40 si kan menatiw ren ewe registration fee. Ika iwe mi chok suk nge re kan awora ewe iteiten wiik ka chunong kopwe fiti ewe chufengen ren ekkewe meinapen sensen ren sam me iin fan iten nour kewe. Mi kawor ewe nenien kopwe cheki pounen noumw ewe semirit onongonong chok won ierin. “Snugglers” (ekewe re keran chok upwutiw tori ewe onu maram) chufengen iteiten Aru 2pm-3:30pm me ekkewe “Gigglers” (onu maram iwe etino) chufengen iteiten Aru 12pm-1:30pm. 19300 SW 65th Ave., Tualatin, OR 97062 ren ewe Community Health Education Center, east entrance won 65th Ave. **(503) 335-3500**.

MOMS Club of Tigard-Tualatin (Ekkewe iin re kan awora aninis ngeni ekkewe ekkoch inenap): Ee kan \$40 ew ier. Ekkewe members nge repwe awora support me ekkewe group activities ngeni ekkewe iin re kan nonomw chok non imw, ekkewe re kan angang part-time me angang me non pwisin imwer kewe. Ei Tigard-Tualatin MOMS Club ir mi etiwa ekkewe iin re nomw non ekkei zip codes: 97223, 97224, 97281, 97062. Email: contact@tigardtualatinmomsclub.com. Web: www.tigardtualatinmomsclub.com.

Oaks Parks: Mi kesip ren ei COVID-19. Ika iwe ese kesip nge ir mi kan awora ekkewe fansoun preschool ren roller skating, ekkewe rides, me ekkewe pwan urumwot. 7805 SE Oaks Park Way, Portland, OR 97202. **(503) 233-5777**. Web: www.oakspark.com.

Home Depot Workshops: Ita kich mi kan awora ewe workshop an semirit nge pwokiten sa nomw non ei pandemic iwe sa mwokut ngeni online non ei fansoun. Ren omw kopwe katon ewe schedule iwe kose mwochen tota won: www.homedepot.com/workshops.

Oregon Museum of Science and Industry (OMSI): En mi tongeni kopwe explore ewe museum ren chok \$2 non ewe ewin Raninfen iteiten maram. Mi kapach ewe Science Playground ren ekkewe semirit ra ier 6 etiw iwe mi pwan or ewe nenien nonomw ren ekkewe mi or nour mwonukon ra ier 0-24 maram, mi pwan wor ewe nenien kopwe oupwu noumw ewe ie. Nge fan iten ei pandemic, iwe OMSI a achokukunu chon tonong, me pwan ewe nenien tikit, iwe ina ir mi pwan pachei ekkewe markers ren omw kopwe sinei omw kopwe atowawok seni aramas, iwe kich mi pwan fokkun fori met nouch kewe wasena repwe nomw non nge esapw kon chomong aramas nupwen ar chuto. 1945 SE Water Ave., Portland, OR 97214. **(503) 797-4000**. Web: www.oms.edu.

Parenting Together Washington County: Kopwe tota ka kuta ekkena penen resource mi kawor ngeni ekkewe iin me sam non Washington County pwan pachenong ewe iin me sam education, ewe child care resource, me ekkewe urumwot an famini, me ekkewe resources mi kawor non internet/kompiuter ren ekkewe itenap fan iten iin me sam ren tetenin ierin semirit. Web: parentingtogetherwc.org.

PDX Parent: Re kan offer ewe “kids calender” ee kan connect ekkewe famini ngeni ekkewe urumwot ee kan fis non Portland ika ekkewe unukun. Web: www.pdxparent.com.

Portland Children’s Museum: Mi mwo kesip ren ei pandemic. Nge ika pwe ra pwan suk-sefan: re kan anisi ekkewe famini ir mi kan angei aninis seni public iwe ir mi pwan eligible ren ewe \$1 admission ren emon aramas (tori nimen aramas). Repwe uwei taropwen pwarata ika pwe ina ir mi eligible ika ra kamotiw. \$15 ren ew ier “Famini Access Pass” mi kawor ngeni ekkewe famini ir mi nomw won aninis seni public. Ir mi tongeni tori ewe Play events (urumwot) ren ekkewe famini mi wor nour semirit mi disable iwe ir mi ka schedule non ewe aunungatin aru iteiten maram seni kunok 5:30pm-7pm. Fan ekkoch ena pwinin maram mi tongeni epwe mwet ngeni ew ran; tota cheki won ena museum website calendar ren up-to-date porous. 4015 SW Canyon Rd., Portland, OR 97221. **(503) 223-6500**. Web: www.portlandcm.org.

Activities ika Urumwot ren Ekkewe Kukun Semirit (Sopwosopwonon)

Tigard Indoor Play Park me Tigard United Methodist Church: Mi mwo kasip ach ei nenien kukunou ika park tori inet sa pwan esinesinen suk fan iten ei pandemic. Ngeni ekkewe semirit ra ier 0-5. Sarinfan-Animwu 9:30am-1pm (ewe schedule mi tongeni epwe siwin nupwen a summer, katon ena Facebook page ren porousan). Memen emon semirit \$4 nge ee kan \$6 ren ukukun 3 semirit. Mi pwan wor ach kei discount pass. 9845 SW Walnut Pl., Tigard, OR 97223. (503) 639-3181. Web: www.tigardumc.com me www.facebook.com/TigardIndoorPlayPark.

Tigard Public Library: Mi wor ach ewe walk-up service desk ee nomw non masowan ewe library takeout service ina mi pachenong ewe aninis ren kapas ais, omw kopwe print, me omw kopwe cheki ekkewe sanif ren omw kopwe check out ren library items. Sarinfan, Aunungat, me Animwu 10:30am-2:30pm, me Aru me Aruwanu 1:30pm-5:30pm. Oupwe aea ekkewe epetin mas me pwan fiti ewe six fiit nefin seni ekkewe chon angang. Am mi kan awora ewe story time ngeni ekkewe ese pwan nifinifin ierir nge ren ei semwen iwe ese mwo pwan chiwen men. Mi pwan wor ewe Book Bundles ren ekkewe mwonukon ew ier ika kukunutiw. 13500 SW Hall Blvd., Portland, OR 97223 (503) 684-6537. Web: www.tigard-or.gov/library.

Tualatin Public Library: Mi mwo kasip iei fan iten ei pandemic. Nge mi wor ewe Curbside Hold Pickup mi kawor iteiten Sarinfan-Ammon, 11am-5pm. Kopwe chok tongeni schedule ini ena pickup appointment won ach ewe website: <https://tualatinlib.skedda.com/booking> ika kokori (503) 691-3074. Kich mi kan pwan offer ewe story time ren ekkewe mi sokopat ierir iwe pwan sign up ren ewe 1,000 Books Before Kindergarten mi pachenong ewe reading log, ew pwuk ese chok kamo, iwe pwan ew pwuk bag . 18878 SW Martinazzi Ave., Tualatin, OR 97062. Email: librarymail@tualatin.gov. Web: www.tualatinoregon.gov/library.

Urbanmamas: Ewe website ren ekkewe famini-friendly events, childcare, sukun, me ekkewe summer camps, non ika unukun Portland. Web: www.urbanmamas.com.

Vroom: Ewe nationwide early learning ee kan anisi ekkewe iin me sam ekkewe nour kewe ra ier 0-5 ar repwe mina ekkewe urumwot an epwe tongeni develop tupwuer kewe. En mi tongeni kopwe download ini ewe app won noumw ewe smartphone ika tota won www.vroom.org.

Ekkewe Group ren Sam/iin me Sakopaten Aninis

National Parent Helpline: Ren ekkewe emotional support seni ewe trained advocate. Sarinfan-Animwu 10am-7pm. 1-855-427-2736. Web: www.nationalparenthelpline.org.

Parents Anonymous of Oregon (Morrison Child me Famini Services): Ewe outpatient service mi suk. Ese pwan kamo ewe parent support groups mi fokkun suk ngeni ese pwan nifinifin ion a emon iin ika sam. Ekkewe group nge ir mi co-led seni ekkewe iin ika sam me ewe professional facilitator mi train non evidence-based, child abuse prevention Parents Anonymous® model. Re awora ekkoch mwichen kaeo ren ekkewe mwan me fefin non recovery seni substance abuse (drugs/sakaw) me ekkewe ir mi pin nomw non ewe DHS-Child Welfare. Parent Mentor Program: peer mentoring ngeni ekkewe iin me sam ir mi osukosuk seni addiction pwan nomw non ewe DHS-Child Welfare system. (971) 263-3091. Ewe helpline ren ewe Parents Anonymous ren Oregon Parent: (503) 258-4416.

Reach Out Oregon: Ew tiim en famini me chiechi re connect fengenir ren ar repwe fori ew netowrk ren aramas ar repwe tongeni anisi me amari ekkewe semirit ir mi nomw non osukosuk. Sarinfan-Animwu 12pm-7pm. Ewe Parent Warmline: (833) 732-2467. Email: info@reachoutoregon.org. Website: www.reachoutoregon.org.

Rolling Hills Community Church: Kich mi chok siwini met kich mi awora fan iten ei pandemic. Ren porousen iei, iwe ika a nomw, ka tota won ach ewe website: <https://rollinghills.org/famini>. Rolling Hills Community Church, 3550 SW Borland Rd., Tualatin, OR 97062. (503) 638-5900.

Promotoras: Ekkewe parenting class, skill support, me ewe community resource ngeni ekkewe faminien Latinx non Washington County mi wor nour semirit ier seni ar upwutiw ngeni 12 ier. (503) 887-9149.

Parenting Together Washington County: Re kan wisen kuta aninis ngeni ekkewe iin me sam non Washington County ren parent education, child care, ekkewe urumwot an famini, ekkewe aninis minen internet/kompiuter ren porous won sam/iin fan iten ierir nour ewe semirit. Web: parentingtogetherwc.org.

Preschool, Mwirin-Sukun, me Nenien Tumwun Semirit (Childcare)

Club K After School Zone: Ekkewe neni me awa mi tongeni epwe siwin fan iten ei pandemic. Ekkewe mwen me mwirin sukun program ren ekkewe semirit ier 5-12 seni kunok 7:30am. Niwinin mi tongeni epwe sokofesen. Ekkoch scholarship nge mi kawor ngeni ekkewe famini mi kukun ar income, anongonong won tufichin ekkewe funding. Mi pwan wor summer camp program. **(503) 643-9059.** Web: www.clubkafterschool.com. Ir mi kan awora ekkei program ren ekkei elementary schools: Bridgeport: (503) 616-6214, Durham: (503) 317-2421, me Mary Woodward: (503) 583-6446.

Community Action Child Care Resource & Referral: Ee kan wisen kawor training, advocacy, safety me technical assistance, me consultation, iwe pwan aninis ren ekkewe chon awora child care. 1050 SW Baseline St. Suite C1, Hillsboro, OR 97123. **(971) 223-6100.** Web: caowash.org/programs/early-childhood-development/ccrr.

Community Action Head Start: lei ra chok sukun online pwokiten ei COVID-19. Nge re kan awora sokopaten pre-K program ngeni ekkewe semirit ra ier 3-5. Iwe ir mi pwan kawor ekkewe service ren non imw me pwan ewe Early Head Start program ngeni ekkewe semirit ra ier 6 wiik ngeni 3 ier. Ngeni chok ekkewe famini ar income mi nomw non ewe 130% ren ewe Federal Poverty Guideline (katon page 1). 1001 SW Baseline St., Hillsboro, OR 97123. **(503) 693-3262.** Web: <https://caowash.org/programs/early-childhood-development/head-start.html>.

Early Intervention: Re kan wisen awora ekkewe special service me aninis ngeni famini ren ekkewe semirit seni ar upwutiw tori ewe ier 5 nge mi pwa pwe mi or ar developmental disability ika terir seni ar upwutiw nge ar ekiem mi mang. Ei service nge e kan aninis non fosun ekkis, social, me physical developement seni ar play-based (urumwot) intervention me ar pwan aiti ekkewe iin me sam ren met repwe fori ngeni nour kewe. Local ofes: 19500 SW 90th Ct., Tualatin, OR 97062. (503) 614-1790. Ren omw kopwe refer ngeni kich ren ewe screening ika evaluation ese kamo, kose mwochen kokori ewe intake me referral line ren ewe nampan fon **(503) 614-1446** ika email: referral@nwresd.k12.or.us.

Employment-Related Day Care (Tigard Self-Sufficiency/Multi-Service Center, DHS): Kokori kich ren pwan ekkoch porousen childcare subsidies ren ekkewe famini ir mi angang nge ar ewe income mi chok nomw fatiwen ewe 185% ren ewe Federal Poverty Level (katon page 1). Nouch kewe pwan chon angang ir mi pwan sinei fosun Spanish. Sarinfan-Animwu 8am-5pm. 10777 SW Cascade Ave., Tigard, OR 97223. **(503) 670-9711.** Web: www.oregon.gov/dhs/assistance/child-care.

Latino Network Juntos Aprendemos: Ewe programen semirit me iin me sam/chon tumwun re kan kawor ngeni ekkewe faminien Latinx, ngeni ekkewe ra ier 3 ngeni 5 ar repwe kaeo anea. Omw kopwe register: **(541) 965-2644.**

Parent-Child Preschools Organization: Referral ngeni ekkewe preschool, ekkewe iin me sam ir mi pwan angang non ewe preschool. **(503) 293-6161.** Web: www.parentchildpreschools.org.

Preschool Promise: Ngeni ekkewe famini ir mi mwochen nour kewe repwe fiti preschool iwe ar kewe income mi nomw nefinen 130% me 200% ren ewe Federal Poverty Level (Katon page 1), ren omw kopwe sinei ika mi wor mi suk, tota won ewe website ren <https://oregonearlylearning.com/preschool-promise>.

Tigard-Tualatin School District Preschool and After-School Activities: Ren eucشان porous ren ewe preschool kose mwochen kopwe kokori omw ewe local elementary school ika email ngeni preschoolinfo@ttsd.k12.or.us ren omw kopwe tungor ewe PreK program ese kamo ren ewe taropwen omw mwochen noumw ewe epwe fiti. Ren ekkewe mwirin sukun urumwot, kose mwochen kokori an noumw ewe sukun pwisin. Web: www.ttsdschools.org.

YMCA: Ee kan wisen kawor ewe program ren Alberta me Deer Creek Elementary schools nge ir mi pwan mina ewe distance learning ika ewe kaeo me towaw. Ir mi kan pwan awora ewe mwen me mwirin sukun care me summer program ren pwan ekkei sukun. **(503) 327-0007.** Web: www.ymcacw.org/programs/distance-learning-support.

Ekkewe Urumwot an Serafo me Ekkewe Chon Kait

Arts for All seni ewe Regional Arts me Culture Council: Kopwe pwari noumw Oregon Trail Card iwe ka tongeni kopwe angei ekkewe tikit ee kan \$5 ngeni ekkewe chomwongun nenien art non Portland ren music/kon, theater, dance/pweruk, me sakopaten "attractions". Ren ewe list mi unus ren ekkewe organization ir mi kan fiti, tota won racc.org/artsforall.

Big Brothers Big Sisters: lei ra chok angang non imwer fan iten ei pandemic. Esapw mwo wor chufengen tori ach esinesin. Nge ei nge re kan awora ew one-to-one mentoring program ngeni ekkewe semirit ra ier 6-18. Re kan pwisin match ini ekkewe serafo ngeni ekkewe mentor. Ekkei chon angang ir mi pwan sinei fosun Spanish. Sarinfan-Animwu 8:30am-7pm. 6443 SW Beaverton-Hillsdale Highway Suite 200, Portland, OR 97221. **(503) 249-4859**. Email: bbbsinfo@bbbsnorthwest.org. Web: <https://itsbigtime.org>.

City of Tigard: Ren ekkoch porous auchea ren ekkewe local activities ika urumwot, summer camps, events, me pwan ekkewe ekkoch ese makketiw tota won: www.tigard-or.gov/recreation/index.php. Ekkoch scholarships mi kawor: www.tigard-or.gov/document_center/Recreation/Scholarship_App_Guidelines.pdf.

City of Tualatin: Ren pwan porous auchea ren ekkewe local activities ika urumwot, summer camps, events me pwan ekkewe ekkoch metoch ese makketiw iwe tota won: www.tualatinoregon.gov/recreation/activity-guide.

Cultural Pass to Adventure: lei sa mwo suspend ini ach ei men fan iten ewe COVID-19. Nge ika iwe ese suspend nge ir re kan awora pass, ese kamo, ren omw kopwe tongeni tikenong non ekkewe wanu local "attractions" ren chowean Lan Su Chinese Garden, ewe Oregon Garden, Pittock Mansion, me ekkewe museums. Ew pass ee kan kawor non ew-ran ren omw kopwe checkout. Tualatin Public Library: **(503) 691-3074**. Ren omw kopwe advance ne reserve ika chuto. Tigard Public Library: **(503) 684-6537**. Ren omw kopwe reserve online iwe tota won www.tigard-or.gov/using_library/get_a_cultural_museum_pass.php.

Faithful Friends: Ei program nge a foruta seni ach ei pwisin community ren ewe mentoring program re kan wisen match ini ekkewe volunteer ir mi single, ika ekkewe pea, ika famini ngeni ekkewe semirit ra ier 6-9 ren ar repwe poputa ewe mentoring program. Ekkewe re kan fiti ei program re kan churi ekkewe mentor ina epwe fan 3-4 ew maram ren ukukun ew ier. **(971) 284-6185**. Web: www.faithfulfriendspdx.org.

PDX Parent: Ee kan kawor ngeni semirit nour kewe calendar mi wor ekkewe events an semirit me famini won pwan ekkewe summer camp guide ren semirit ese pwan nifinifin ierir, pwan ewe mwirin sukun urumwot, me pwan sokopaten metoch. Web: www.pdxparent.com.

Scouts: Aat: **(503) 226-3423**. www.cpcbsa.org. Nengin: **(503) 977-6800**. www.girlscoutsosw.org.

Southside Soccer Club: Mi wor ekkoch scholarship. Ren ewe fall outdoor, spring indoor, me ewe summer outdoor recreation soccer ika ewe urumwot ren soccer. 16285 SW 85th Ave. #401, Tigard, OR 97224. PO Box 230169, Tigard, OR 97281. **(503) 968-7197**. Spanish: (503) 914-9348. Email: southsidesoccertigard@gmail.com. Web: www.southside-soccer.org.

Tigard Little League: Mi wor rech ekkoch scholarship. Ei program nge ee kan wisen anisi ekkewe semirit re kan nomw unukun ekkewe elementary ika middle school non Tigard. Pee Wee (ren at me nengin) ier 4-7, Baseball (aat) ier 7-13, Softball (nengin) ier 6-13. Web: www.tigardlittleleague.org.

Tigard-Tualatin Aquatic District: Ei ee kan wisen kait minen tuken me ekkewe classin exercise ika taiso. Mi pwan wor ach kewe discount ika pwe en emon sukunen ewe Tigard-Tualatin School District. Tigard Pool: 8680 SW Durham Rd., Tigard, OR 97224, **(503) 431-5455**, Tualatin Pool: 22380 SW Boones Ferry Rd., Tualatin, OR 97062, **(503) 431-5655**. Web: www.ttadpools.com.

Tualatin River National Wildlife Refuge: lei kich mi pwan fori ewe annukun distancing fan iten ei pandemic. Kich mi anomwu sokopaten machang, man, reptiles, amphibians, insects, iik, me ira. Ese kamo ren exhibit, trails, events, me fe fetan, discovery packs, ika ke mwochen volunteer, me pwan sokopaten men. Ewe Refuge trail mi suk iteitan. En mi tongeni eto ren ach ewe Center me ewe nature sitowa: Aru-Raninfen 10am-4pm. 19255 SW Pacific Highway, Sherwood, OR 97140. **(503) 625-5944**. Visitor Center: **(503) 625-5945**. Web: www.fws.gov/refuge/tualatin_river. Ika ke mwochen nounou calendar me katon met epwe fis, tota won www.friendsoftualatinrefuge.org/maincal.

YMCA: Kich mi kan awora ewe group exercise class, sport court, ewe rock wall, ewe nenien center ren teenager mi or ewe air hockey, nenien tamachki, ekkewe urumwot ren ekkewe serafo me ekkewe ra watte, mi wor lesson minen tuken, iwe ewe water slide. 23000 SW Pacific Highway, Sherwood, OR 97140. **(503) 625-9622**. Email: sherwood@ymcacw.org. Web: www.ymcacw.org/locations/sherwood-regional-famini-ymca.

Health Coverage

Financial Assistance Program: Ei aninis nge ee chok kawor ngeni ekkewe famini ese watte ar income ika ekkewe famini ir mi nomw non ew osukosuk iwe a fokkun weires ngenir ar repwe meni ar niwinimangen nomw non pioing. Ika pwe en mi mefi nge en emon, iwe ei service mi kawor ngonuk ren an epwe meni omw kewe niwinimang non pioing esapw pwan nuseni onu maraman omw ewe niwinimang. En mi tongeni kopwe angei ei aninis seni ekkewe chon angang ika/me kokori ewe pioing ren ar ewe ofesin billing ren ewe nampan fon ina epwe nomw won noumw na taropwen niwinimang seni ewe pioing.

Oregon Health Plan: lei mi suk ngeni ekkewe semirit me ekkewe serafo, ese pwan nifinifin omw immigration status. Ei health coverage nge ese kamo ngeni ekkewe chon Oregon ir mi meet ini ewe income me ekkewe pwan ekkoch criteria, ei men nge mi cover ini ekkewe service ren omw kopwe no churi doctor, omw kopwe no repwe fori ngium ren filling, unumom safei, labs, x-rays, me omw nomw pioing. En mi tongeni kopwe apply ren omw kopwe katon ika en mi eligible. Ren omw kopwe tungor echo noumw application, ren ar repwe anisuk iwe ewe OHP-certified community partner mi tongeni anisuk ren ika mi or omw kapas eis ren coverage me ika en mi tongeni nounou: kokori **1-800-699-9075** ika 711 (TTY), ika fen tota won OHPcoversme.org o www.oregon.gov/oha/healthplan. Client services: 1-800-273-0557.

Private Insurance Marketplace: OregonHealthCare.gov ika **855-268-3767** (ese kamo)

Pekin Aisa (Dental Care)

Advantage Dental Clinic: Ir mi kan pwan angei OHP (onongonong won ewe CCO), ewe self-pay ren omw kopwe pwisin meni, ekkewe private insurance, ekkewe ese wor nour insurance. Kich mi pwan tongeni ach sipwe akukunatiw ekkewe fees iwe mi pwan or payment plan ren ekkewe ir mi tufich ngeni. Mi pwan or nouch chon chiaku ika pwe ke mwochen. Nouch awan ach kei service mi fiti appointment: Sarinfan-Animwu, 8am-5pm. 9900 SW Greenburg Rd. Suite 240, Tigard, OR 97224. **(971) 206-7133**. Web: www.advantage-dental-clinics.com.

Advantage Smiles for Kids: Ir mi kan chok angei ekkewe re refer ngenir- orthodontics ren an epwe aeochueno manawen ekkewe semirit ir mi nafangaw. **(541) 497-0020**. Email: ASK@advantagesmilesforkids.org. Web: asmileforkids.org.

Coalition of Community Health Clinics: Ei nge ew nonproft clinic, mi pwan fiti dental/pekin aisa nge re kan chok angei ekkewe re refer ngeni ren pekin dental/aisa. **(503) 546-4991**. Web: www.coalitionclinics.org.

Compassion Clinics: Ese kamo. Health clinics kekan tongeni churi fan ew iteiten ier ra kan awora medical/pioing, dental/aisa, me pwan ekkewe ekkoch healthcare services. Ren pwan ekkoch porous tota won www.compassionconnect.com. Ren Tigard clinics: www.compassiontigard.com. Tualatin clinics: www.compassiontualatin.com. Ren SW Portland clinics: <https://compassionconnect.com/compassion-southwest>. Ren Beaverton clinics: <https://compassionconnect.com/compassion-beaverton>.

MODA Children's Program: Ngeni ekkewe semirit ra ier 5-18 nge ese wor nour insurance iwe ir mi tongeni repwe refer ngeni ei program seni nour ewe representative seni ar ewe sukun. Ekkei service kich mi awora mi wor ewe epetin, exam me chekin, akukunutiw metek me ekkewe tumwunun restorative service. Ei plan nge mi cover ukukun \$800 ren an kopwe nounou non ew-ier (ese tongeni epwe fori ekkewe treatment mi nakatam). **(503) 265-5627** ika email: childrensprogram@modahealth.com. Web: www.modahealth.com/about/childrens.shtml.

Oregon Health & Science University Dental Clinics ren ewe School of Dentistry (OHSU): Ese wor walk-ins iwe ese pwan chomwong ar kewe service ngeni ekkewe patients fan iten ei COVID-19. Kich mi kan etiya ekkewe re nomw won OHP+, Delta dental, me Blue Cross Blue Shield plans. Kich mi kan pwan tongeni sipwe akukunatiw ewe fee ren 30-40%. Ekkei fees nge ir mi pwisin set. Kich mi pwan awora general dentistry, pediatrics, orthodontics, periodontics, me root canals. Kich mi etiya ekkoch case fan iten kao. Ren ewe next-day urgent care ren ekkewe ra watte; \$250 fansoun ewe appointment, mi tongeni epwe pwan pacheta ekkoch metoch onongonong won ewe treatment. Ewe urgent care clinic treatment iwe fan iten ewe metek iwe a chok kauk ngeni ew ngi ika ew osukosuk iwe rese pwan offer ar repwe utau ngiumw ewe wisdom tooth. Kokori kich kunok 8am ika ke mwochen fori ew omw appointment (esapw non ena ran ke koko). Ese mumuta omw kopwe etinong nge ese wor omw appointment; ren omw kopwe chunong iwe kopwe akomw for omw appointment. Sarinfan-Animwu 8am-4:45pm. 2730 SW Moody Ave., Portland, OR 97301. **(503) 494-8867**. Email: sodapptctr@ohsu.edu. Web: www.ohsu.edu/dentist.

Pekin Aisa (Dental Care) (Sopwosopwonon)

Pacific University Dental Hygiene Clinic: Ekkewe campus ra mwo kesip ngeni chon chuto fan iten ei pandemic. Nge ir mi kan etiwa napengeni meinisin insurance programs. Mi pwan wor nour kewe anen payment en mi tongeni kopwe porous ngeni ewe financial coordinator mwen omw kopwe poputa omw na treatment. Mi chok kauk ar kewe service ren preventive/epetin me angangen tumwun ren basic restorative care iwe pwan kapachenong x-ray, ekkewe exam me ekkewe nimenimen ngi. Rese kan tongeni repwe utti, silver ini me fori ekkewe emergency ren ngimw kewe. Mi wor nour chon angang ir mi sinei fosun Spanish. Ese pwan wor walk-in service. Ren omw kopwe sinei nour awa iwe kose mwochen koko. 222 SE 8th Ave. Suite 270, Hillsboro, OR 97123. **(503) 352-7373**. Web: www.pacificu.edu.

Portland Community College Dental Clinic (PCC): Ekan anisi ekkewe watte me semirit ese wor nour insurance. Memen ekkewe fees ra kukunutiw; \$5 memen ekkewe exam; nimenimen ngin ekkewe watte \$25-\$40, ren ekkewe semirit \$20, iwe ekkewe ra mwuk (ier 62+) \$15; ren ar repwe apinasa ngimw \$10; ren sealants \$5 ren efoch. Rese tongeni mina emergencies, utti ngimw, crowns, bridges, ngachangach, root canals ika TMJ treatment. Cash, check, niwinimang me debit card mi ketiw. Ka tongeni chuto ika ke for omw appointment. 12000 SW 49th Ave. HT206, Portland, OR 97219. **(971) 722-4909**. Web: www.pcc.edu/programs/dental-hygiene/clinic.html.

Project Dental Health at Russell St. Dental Clinic (OHSU): Ese mumuta walk-ins ika omw kopwe chok chuto iwe ese pwan chomwong service ren ekkewe patients an a katou ei taropwe fan iten ei pandemic. Ika iwe ese wor ei samwau nge am mi kan awora chekin ngii ngeni ekan semirit me watte ir mi nom won OHP, Delta Dental, me Blue Cross Blue Shield. Mi pwan awora aninisin ren pekin aisa ika dental care ngeni ekan HIV patients. \$155-\$275 memen exam me x-rays. Memen ren ekan ese wor neur insurance e anongonong won ar income me dental procedure e require. Kopwe monatiw unusan otun omw service. Ir mei mina utti ngimw, akukunutiw metek, me temporary fillings. Kopwe wareto nefinen 7:30am-2pm ren ika mi atapwanapwan omw ewe dental care. Nimmon chon walk-in ir mei tongeni repwe angang wor non ew ran. Kopwe wareton 7:30am ar repwe tongeni wakota won ewe taropwen sign-up. Ika pwe ese wor walk-in services non na ran ina repwe pacheta echo taropwe won na asam nge ese wor walk-in service non na ran. Mei pwan wor ew ach resource list mi kawor. Mi pwan wor chon chiaku. Sarinfan-Animu 8am-4:45 pm. 214 N Russell St., Portland, OR 97227. **(503) 494-6827**.

Salud Dental Center: Emergency dental care: Kopwe wareto 7:30am. Ir mi angei OHP, Capitol, ODS, private insurance, me ekan ese wor neur insurance. Kopwe monatiw \$50 atun omw chuto. Mi or ach discount e onongonong won omw income: 25%, 50%, 75% ika 80% (Kopwe uwei pisekin pwarataan omw income). Chon chiakuni fosun Spanish-English ir mi nom. Sarinfan-Animu 7:30am-5pm. 1175 Mt. Hood Ave., Woodburn, OR 97071. **(503) 982-2010**.

Smiles Change Lives: Ewe Orthodontic Program mi anisi chochon en famini ren mon braces ngeni neur semirit. Ewe ukukun fansoun utiwit mi tori 3 ier. Web: www.smileschangelives.org.

Tualatin School House Pantry: Repwe tongeni anisuk ika pwe en mi mefi metek. Medical Teams International mi awora mobile dental clinics ngeni ekan ese wor neur insurance ren ekan watte fan ew chok non ew maram. Koko ren ar repwe wakota won waitlist. Mei tongeni epwe 2-3 maram omw kopwe for appointment. Rolling Hills Community Church 3550 SW Borland Rd., Tualatin, OR 97062. **(503) 783-0721**. Web: www.schoolhousepantry.org.

Virginia Garcia Dental Clinic: E awora unusan (comprehensive) care ngeni semirit me ekan fepwun me enuwon ier 21 feitiw, ekan ir mi pwopwo, me ekan re assigned seni insurance. Mi pwan anisi ekan minafo patients ika mwo mi wor ika ese wor neur insurance otun chok emergencies, fokkun ruemon patient fan ew nesosor ika pwe mi wor namotan me auchean dental needs. Kopwe wareto 7:30 am nge kopwe uwei noum ID epwe wor sasingum won, noum insurance card ika taropwen pwaratan omw income. Kopwe monatiw unusan otun omw chuto. Mei wor chon angang rekan chiakuni fosun Spanish. Sarinfan-Animu 7am-6pm. 12600 SW Crescent St. Suite 190, Beaverton, OR 97005. **(503) 718-3675**. Web: www.viriniagarcia.org.

Pekin Safei/Pioing (Medical Care)

REN EKKEWE MEDICAL EMERGENCIES, KOKORI 911

REN POISON CONTROL: 1-800-222-1222

Borland Free Clinic: Primary care/pekin safei ese kamo ngeni ekkan watte me semirit ese wor neur insurance, ika ekkewe ese naf nour insurance ika ekkewe rese eligible ren insurance. Koko omw kopwe fori omw appointment. Wattiw ew message ren ar repwe kori sefanuk non ewe 48 awa. Ika pwe mei wor chon resapw wareiti ar appointment iwe ir mei tongeni repwe angang won ekkan re chok eto nge rese for ar appointment nge repwe utiwit non ukukun 2+ hrs. Sarinfan-Aruwanu 3pm-7pm. **(503) 974-8887**. Ina e nomw non ewe lower level ren Rolling Hills Community Church (unukun ewe food pantry me ewe Community Life Center), 3550 SW Borland Rd., Tualatin, OR 97062. Web: www.borlandclinic.org.

Coalition of Community Health Clinics: Chiechien en safety net providers. Ren nour list-in resources ngeni ekkan ese watte nour income ika ese wor nour insurance, kokori **(503) 546-4991** ika tota won www.coalitionclinics.org.

Compassion Clinics: Ese kamo. E kan iteiten ier ekkewe clinic re kan awora medical, dental, me ekkewe ekkoch healthcare service. Ren ekkoch porous: www.compassionconnect.com. Tigard clinics: www.compassiontigard.com. Tualatin clinics: www.compassiontualatin.com. Ren ewe SW Portland clinics: <https://compassionconnect.com/compassion-southwest>. Ren ewe Beaverton clinics: <https://compassionconnect.com/compassion-beaverton>.

Diabetes Testing Supplies: Ekkewe amomo ren ekkewe pisekin semwinin suke ren ekkewe minen test iwe mi wor ewe discount ren memen. Meters ren ukukun \$10 iwe 50 test strips ren ukukun \$15. Web: www.teststripsdirect.com.

Familias en Acción (Families in Action): E anisi unusan famini ren ar repwe kinamwe me pochokun me non ekkei Latino communities. Re wisen awora an ewe community ewe health education, ar training ren health professions, ekkewe patient navigation mi pwan pachenong ewe aninis ngeni aramas mi or me ese wor nour insurance, nge ra urir cancer, maan suke, feita cha, semwini kidney, HIV, ewe substance abuse, me ekkewe samwaw mi sopwosopwono, me/ika ekkewe pwan ekkoch osukosuken non inis. Ewe "Patient Navigator" nge e kan wisen emwitiri omw access ngeni doctor, pharmacy/nenien safei, me ekkewe ekkoch health care, me cheki ekkewe safei unumen ekkewe patients, kuta met e epeti an kopwe chikar, awora aureur me auchean porous, counseling, support, me ekkewe class, me ekkewe group ren patients me ar kewe famini me ekkewe pekin aninis. **(503) 201-9865**. Web: www.familiasenaccion.org.

Neighborhood Health Center: Mi angei OHP, Medicaid, me ekkewe private insurance. Ese pwan require-ini an epwe wor noum insurance. Omw kopwe qualify ren och fee, kopwe uwei omw kana ru saingon pay stubs, noum takisesin ewe ier a no ika taropwen noum unemployment (tou me angang). Ren ewe primary care, an fefin ewe health, an mwan ewe health, ewe akkoten famini, ewe chekin STD, me ekkewe appwos. Mei wor chon angang re chiakuni fosun Spanish. Sarinfan 9am-6pm. 17200 NW Corridor Ct. Suite 100, Beaverton, OR 97006. **(503) 213-3800**. Web: www.nhcoregon.org.

Old Town Clinic: Mei angei OHP, Medicare, ekkoch private insurance me sliding fee scale. Primary care, mental health, specialty referrals, addiction treatments, wellness groups, acupuncture, Hep C treatment, me pwan ekkoch. Patients repwe ier 18 feita. 727 W. Burnside, Portland, OR 97209. **(503) 228-4533**. Web: www.centralcityconcern.org/services/health-recovery/old-town-clinic.

Pekin Safei/Pioing (Medical Care) (sopwosopwonon)

Planned Parenthood: Ekkewe sliding scale. Mei angei OHP me ekoch insurance. Ekkan ese wor neur insurance me kukun ar income ir mei tongeni qualify ngeni state-funded programs. Epetin pwopwo, chekin pwopwo, me ekkewe annual exams, chekin STD/HIV me ekkewe treatment, ewe abortion, me ekoch services. 12220 SW 1st St. #200, Beaverton, OR 97005. Mi wor chon angang ir mi sinei fosun Spanish. Walk-in services mi kawor. Ren awa me appointments: **(888) 875-7820** ika ren omw kopwe for omw appointment online. Web: www.plannedparenthood.org.

Project Access Now: E apacha fengeni ekkan mi kukun ar income, ese wor neur insurance ngeni donated care non Portland. PO Box 10953, Portland, OR 97296. Sarinfan-Animu 9am-5pm. **(503) 200-1245**. Web: www.projectaccessnow.org. Omw kopwe apply me enroll ini non ewe Oregon Health Plan Outreach, Enrollment me Access Program me Marketplace: **(503) 345-7031**. Premium Assistance Program ren aninisin insurance premiums re men seni ewe Marketplace: **(503) 345-6576**.

Salud Medical Center: Sliding scale. E anisi ekkan semirit mei wor neur insurance pwan ekkan ese wor neur insurance. Kopwe chok wato ew nein noum tax return ika pay stub minen non ei ier ika meni chok e kaneto. Mei wor chon chiakuni fosun Spanish. Sarinfan-Aruwanu 7:30am-7pm; Animu 7:30am-5pm; Ammon 8am-11:45pm me 12:45pm-5pm. 1175 Mt. Hood Ave., Woodburn, OR 97071. **(503) 982-2000**. Web: www.yvfwc.com/locations/salud-medical-center.

School-Based Health Centers: Ngeni ekkan mei wor neur insurance pwan ngeni ekkan ese wor neur insurance chochon en community 0-19 non ewe Tigard-Tualatin School District. Walk-in urgent medical care. Ika esapw urgent care kopwe for omw appointment. Sliding scale ngeni ekkan chon sukun ese wor neur insurance. Exam/treatment ren semwen ese watte, paikin me feiengaw. Ekkewe appwos, lab tests, checkin inis ika physical exam/health screening, me ekkewe mental health assessment me referrals. Tigard High Campus: 9000 SW Durham Rd., Tigard, OR 97224. **(503) 431-5775**. Aunungat-Animu 8am-12pm and 12:30pm-4:30pm. Tualatin High Campus: 22300 SW Boones Ferry Rd., Tualatin, OR 97062. **(503) 941-3180**. Sarinfan-Animu 8am-12pm and 12:30pm-4:30pm. (Tualatin SBHC e kan pwan serve ekkewe chon Sherwood community ra ier 0-19). Cheki ekkena website ren awan summer: Tigard: viriniagarcia.org/locations/tigard-school-based-health-center. Tualatin: www.nhcoregon.org/nhc-tualatin-school-based-health-center.

Virginia Garcia Memorial Health Center: Mi angei OHP me napengeni ekkan private insurance plans. Sliding scale; Kopwe uwei pisekin pwaratan noum ID me noum pay stub an epwe mo kukun. Primary health care ngeni ekkan famini mi wor ar ekkewe euechan metoch ren migrant me ekkewe chon kinikin ika farmworkers me ekoch ekkewe epetin ar repwe tongeni angei ewe healthcare. E euechani won epetin me tumwunun inisir, mi pachenong dokter, an semirit kewe checkup, appwos, me akkoten famini. Mi wor chon chiakuni fosun Spanish me ekoch fosun ekis. Beaverton Clinic: Sarinfan-Animu 8am-5pm chinon chok ewe ewin me unungatin Aunungatin non en maram, kesip seni kunok 1pm-2pm. 2725 SW Cedar Hills Blvd. Suite 200, Beaverton, OR 97005. **(503) 352-6000**. Web: www.viriniagarcia.org.

Wallace Medical Concern: Ngeni ier meinisin. Mi angei OHP me napengeni private insurance (Moda, Pacific Source, Providence, Regence BC/BS, me Medicare Part B). Ngeni ekkan rese neuneu insurance, Memen e onongonong won en sliding scale. Ren appointment chok. Mi awora primary care, an semirit kewe checkup, me an fefin ewe health exams, appwos, me ekkewe behavior health. Mei wor chon angang repwe chiaku ngonuk non fosun Merika, Spanish me Ukrain. Me nukkun ekkan ka tongeni kopwe fori akkoten, Rockwood Medical Clinic: Sarinfan, Aunungat, Aruwanu, me Animu 8am-5pm me Oru 9am-5pm. 124 NE 181st Ave. Suite 120, Portland, OR 97230. **(503) 489-1760**. Web: <https://mywallace.org>.

Pwopwo

All-Options: Mi wor confidential talk line ika porous mi monomonono ngeni fefin me atongear ren pekin pwopwo, tumwunun semirit, omw kopwe atai noum na non nukom, ika kopwe mwumwu noum. Sarinfan-Animu 7am-10pm and Ammon-Raninifen 7am-3pm **1-888-493-0092**. Web: www.all-options.org.

Community Action Help Me Grow: Ese kamo. E awora aninis ngeni famini mi wor nour seni an en semirit mi chok nom non nuken en fefin tori en semirit a 5 ierin. Apacha ngeni en prenatal care providers (dokterin pwopwo), aninis ren ewe Oregon Health Plan applications, me checkin tufichin eligibility screening ren ewe aninis me non imw. Ren ewe minen tumwun non imw pwan ekkewe iin me sam repwe ren ewe education me support ika aninis. Mei wor chon angang repwe chiakuni fosun Merika me Spanish. Ren awan ketiw: Sarinfan-Animu 8:30am-4:30pm. **(503) 726-0879**. Email: helpmegrow@caowash.org. Web: caowash.org/programs/early-childhood-development/help-me-grow.html.

Northwest Children's Outreach: Ew namanam-based, non-profit organization dedicated ngeni an epwe anisi ekkam famini ne awora mesin pisek, pisek ika an en monukon need, pamper, formula me ekoch auchean pisek/mwongo. Omw kopwe tungor ew "layette" (settin pisek, chech, me pwan ekoch pisekin tutu) ren ekkam semirit ier 0-5 kokori TTFRC ren **(503) 603-1585**.

Open Adoption and Famini Services (OA&FS): Unusan ese kamo ngeni ekkam fefin me en pean famini. Ika pwe ra mochen repwe mwumwu nour, ir mei tongeni fini, churi ika awora nefiner ngeni ekkam sam me iin repwe mwumwu senior. Ei program e awora services ese mwuch ngeni neur clients. Counselors ir mi on-call 24/7. Ir mi awora chon chiaku non fosun Spanish. 5200 SW Macadam Suite 250, Portland, OR 97239. **(503) 226-4870**. Kokori 1-800-772-1115 ese pwan nifinifin kunok, text "open" ngeni (971) 226-0924 ika email: info@openadopt.org. Sarinfan-Animu 9am-5pm. Web: www.openadopt.org.

Oregon Impact Child Passenger Safety: Napengeni ekkam angangen car seat checkup ra cancel otun an for ei mak pwokiten COVID-19. Ekkam Certified Child Passenger Safety technicians ir mi awora ekkewe safety seat clinics ese kamo. Katon ar kana schedule me nenier won www.oregonimpact.org, iwe mwirin tiki "child passenger safety". **(503) 413-4005**.

Planned Parenthood: Ekkewe fees ren sliding scale. Ir mi angei OHP me ekoch insurance plans. Ekkam ese wor neur insurance pwan ekkewe mi kukun ar income nge mi wor neur insurance ir mi tongeni qualify ren ekkewe state-funded programs. Epetin pwopwo, chekin pwopwo, exams iteiten ier, chekin STD/HIV, katan monukon, me ekkoch ekkewe aninis. 12220 SW 1st St. #200, Beaverton, OR 97005. Mei wor chon angangen ena neni ir mei tongeni chiakuni fosun Spanish. Walk-in service mi pwan kawor. Koko ren faten neur awa me appointments: **(888) 875-7820**. Web: www.plannedparenthood.org.

Pregnancy Resource Center: Ese kamo. Nge ew organization e nongonong won souleng ren fefin, nengin me famini rese mwoneta ngeni ar pwopwo. Chekin pwopwo, ekkewe peer counseling, ekkewe counseling ren iin me sam (mi pachenong ekkewe sakkun aninis ren counseling), community referrals me uufen mi pwopwo me uufen monukon. Sarinfan, Aunungat, Aruwanu, me Animu 10am-5pm (walk-ins tori 4:15pm); me Oru 1:30pm-7pm (walk-ins tori 6:15pm). 4975 SW Watson Ave., Beaverton, OR 97005. **(503) 643-4503**. Web: <https://prcofportland.com>

Saint Child: Re anisi ekkam fopwun, ier 18 feita, ion e need aninis otun ar pwopwo. Ekkewe tumwunun ekkewe residents me ekkewe unusan (comprehensive) program e amonarata ar repwe tumwunu neur ika mwumwu. Ekkei fopwun ir mei tongeni eto nom non en imw otun ar pwopwo tori ar neuneu pwan nomono tori ew ier seni ar neuneu. Kopwe watiw \$150 iteiten maram otun omw nom, nge rese tongeni eniwinuk omw kose tongeni kopwe moni ena ukukun. Ewe mailing address: 2850 SW Cedar Hills Blvd. PMB #55, Beaverton, OR 97005. **(503) 648-4227**. Web: www.saintchild.org.

Tigard-Tualatin School District Pregnant/Parenting Students Program: Ese kamo. E anisi ekkam ir mi pwopwo me chon sukunen tumwunun semirit non ewe Tigard-Tualatin School District. Ren Advocacy, counseling, ekkewe kaeon manaw, me sukunen iin me sam. Mi kawor ewe tumwunun semirit me Creekside Community High School otun an en chon sukun mei nom non sukun. 8040 SW Durham Rd., Tigard, OR 97224. **(503) 431-5824**. Web: www.ttsdschools.org.

Pwopwo (sopwosopwonon)

Women, Infants, and Children (WIC): Ese kamo. Mwongon benefit mei tou iteiten maram, health care referrals, nutrition education, me aninisin oupwu semirit ngeni ekan low ngeni moderate income ngeni mi pwopwo me murin-pwopwo, fefin, monukon me semirit tori ier 5. Mei wor chon angang repwe chiakuni fosun Spanish. Omw kopwe sign up ren WIC, koko, email, ika amasowa ewe online “interest form” ren www.co.washington.or.us/HHS/WIC/wic-web-referral-form.cfm. Text ini WCWIC ngeni ewe nampa 61222. Web: www.washingtoncountywic.com. Ren omw kopwe for omw appointment, kori (503) 846-3555 ika email: wic@co.washington.or.us me mwen omw kopwe chuto.

Prescriptions ika unumom safei

Planned Parenthood: (National Council ren ewe Aging): Ese Kamo. E anisi ngeni ekkan ra ier 55 feita ar repwe kuta sakkopaten public me private benefits an epwe anisir ne moni ar health care, unumer kewe safei, mwongo, imwer, fifi, me pwan ekoch services ika aninis. Web: www.BenefitsCheckUp.org.

Costco: Napengeni mei mo kukun ar safei me ikkei. Ese pwan namot kopwe emon member omw kopwe aea ar na pharmacy. Ekkan Costco Member Prescription Program mei kawor ese pwan kamo ngeni kan ir members. Sarifan-Animu 10am-6:30pm me Ammon 9:30am-6pm. 7850 SW Dartmouth Rd., Tigard, OR 97223. (503) 639-0722. Web: www.costco.com.

Kroger Rx Savings Club at Fred Meyer: Ew program ren aninisin men safei an epwe mokukun ika mokukunun ekkan brand me generic safei. Tigard: 11565 SW Pacific Highway. (503) 293-7085. Tualatin: 19200 SW Martinazzi Ave. (503) 691-4233.

Needymeds.org: Ei website e awora porousen omw kopwe fini meni anen ren pekin mon safei. Web: www.needymeds.org.

Oregon Prescription Drug Program: Ese kamo omw kopwe enroll. Meinsin chon nonom Oregon ir mei eligible ir mei pwan tongeni repwe save up ukukun 80% ren pekin safei. Ese pwan namot omw kopwe amosou taropwe iwe ese pwan wor ewe kaukun income. Ka tongeni enroll won fon ika online: 1-800-913-4284. Web: www.opdp.org.

Partnership for Prescription Assistance: Ese kamo omw kopwe enroll. E anisi ngeni ekkan ese wor neur insurance ika fen ese naf nour insurance ren an epwe me tufich ngeni safei tori ewe aninisin safein program ren an epwe me ewe safei. Mi wor aninis mi kawor non Spanish. 1-888-477-2669. Web: <https://medicineassistancetool.org>.

Rx Outreach: Ese kamo omw kopwe enroll. Mi kawor ngeni ekkan ar income e nom fatiwen 400% ren ewe Federal Poverty Guidelines (Katon page 1). Ew Non-profit mail-order pharmacy mei awora 1000+ safei ren pekin ekkewe semwen me chronic semwen, pachenong cancer, mwi, semwenin suke, ika watten metekin non mekur (migraines), feita cha, feita cholesterol, man kawakaw, memmefin apinukunukungaw me pwan ekkewe ekoch. Ir mei tongeni shippini 30 ngeni 180-day supply ren safei epwe mo kukun. Ka tongeni enroll online. Ese pwan namot omw kopwe emon US citizen. Mi wor chon chiakuni fosun Spanish. Sarinfan-Animu 5am-3:30pm. 1-888-796-1234. Web: www.rxoutreach.org.

Walgreens Prescription Savings Club: Mon ew ier ren ewe membership (\$20 ngeni ekan akanamon ika \$35 ngeni ekkan famini) ngeni ekkan ese wor nour insurance ren safei ika ar insurance ese meni ekkewe safei. Emonen e angei ewe safein benefit seni Medicare, Medicaid, ika Tricare rese eligible. Mi ngorou brand-name me generic safei. Mon ekoch mettoch a nom nefinen \$10-\$30 ren 90 ran supply. 13939 SW Pacific Highway, Tigard, OR 97223. (503) 670-9812. Web: www.walgreens.com.

Mas me Minen Sening

America's Best: Napengeni ir mi kan akukunatiw mon an repwe cheki mesom me mon mangane. 9225 SW Hall Blvd., Tigard, OR 97223. (503) 598-8884. Web: www.americasbest.com.

Cheap Glasses 123: Ngeni ekan a fen wor nour prescription, mon omw kopwe order mesom mangane online mokukununon mei tori \$29. 1-855-598-2020. Web: www.cheapglasses123.com.

InfantSEE: En public health program e for faniten repwe cheki mwtir ren osukosuken non mas non ekan monukon. Ese kamo ese pwan anongonong won famini income ika tufichin insurance. American Optometric Association member optometrists re awora ese kamo, checkin mas mi unus ngeni ekkan monukon 6-12 maram. 1-888-396-3937 ika email: infantsee@aoa.org. Web: www.infantsee.org.

LEAP Program: Chekin mas me mangane ngeni ekkan watte. Omw kopwe tonongei ei program, chon apply repwe kokori ewe Lions non ewe Service line ren (971) 270-0203 ika e-mail porouser kewe me tungor ngeni lionsclubsreferrals@olshf.org. Web: <https://olshf.org/lions-eyeglass-assistance-program-leap>.

LensCrafters "Gift of Sight" Program: Chekin mas me mangane ese kamo ngeni ekan mi kukun ar income ren semirit me watte. Napengeni kopwe utiwit onu maram ren appointment. Omw kopwe tonongei ei program, ew sukun ika charitable organization repwe refer-inuk. Contact TTFRC ren tichikin porous me referral (503) 603-1585. Ewe e kan ren Lenscrafters ina e nomw Washington Square, 9730 Washington Square Rd., Tigard, OR 97223. Sarinfan-Ammon 9:30am-9pm me Raninfen 10am-7pm. (503) 620-4850.

New Eyes for the Needy: Kopwe apply online seni social service agency ussun TTFRC, ika seni neun en sukun kangof. Ra awora minafon eyeglass vouchers ngeni ekkan rese tongeni meni ekkewe mangane. Ese tongeni moni chekin mas; Mi wor ena website mi awora tichikin porousen ian kopwe tongeni kuna ian ir mi awora omw kosapw meni ika mo kukkunun chekin mas. Chon apply repwe pin chek meser non ekkewe ier a no. Repwe pwan awora taropwen ar income/moni tou ren iteiten maram me porousen nour ewe prescription. Cheki ena website ren tichikin porousan. 1-973-376-4903. Web: www.new-eyes.org.

Oregon Foundation for Vision Awareness: Ei nonprofit e anisi semiriten Oregon (tori ier 18 me ekkan rese mwo sochungio seni high school) ar repwe angei chekin mas me kut nour mangane. Ar repwe qualify, ar ewe famini income esapw watte seni 200% ren federal poverty level (katon page 1). Esapw wor nour insurance-in mas. Napengeni ekan providers me anisinisn program ir mi angang fengen re require epwe wor noun en semirit nampan social security ika noun en iin me sam. Kemi tongeni kut ena application online ren www.ofva.org.

Oregon Lions Sight and Hearing Foundation/ KEX Kids Fund: E awora vouchers ren chekin mas, mangane me ekkewe hearing aids ngeni ekan semirit me serafo ier 0-21 (18-21 ika chok pwe ir mei nom non sukun). Esapw watte seni 200% seni ewe federal poverty level (katon page 1) met re angei iwe esapw wor neur insurance ika repwe fen esapw naf nour insurance. Kokori TTFRC ren tichikin porousan me ena voucher application (503) 603-1585.

Mental Health me Counseling

Ren ewe Washington County Mental Health 24-hour Crisis Line: (503) 291-9111

Asian Health and Service Center: E awora tufichin aninis ngeni ekkan Asian Americans, mi pachenong mental health services, ewe health education, me case management, cancer resource center, ewe chon tumwunu ewe famini ren ewe caregiver support, ekkewe programen chinap, ewe Oregon Health Plan, anininis application, volunteer program, me ewe Chinese immersion preschool. Ekkan chon angang ir mei sinei fosun Mandarin Chinese, Cantonese Chinese, Taiwanese, Korean, me Vietnamese. Sarinfan-Animu 8:30am-5pm. Beaverton ofes: 3800 SW Cedar Hill Blvd. #196, Beaverton, OR 97005. **(503) 641-4113.** Web: www.ahsncpy.org. Ren ewe anininis behavior/memefiwe non fosun Merika kokori 503-772-5893, Mandarin: (503) 772-5895, Cantonese: (503) 772-5894, Korean: (503) 772-5896, Vietnamese: (503) 772-5897.

Balance Center for Children and Families: Mi wor therapist ren mental health ir mi tongeni chiaku non fosun Spanish. Ir mi angei napengeni meininis insurance pachengong OHP. Emon me emon, famini, ika group therapy ir mi awora ngeni semirit, serafo, me watte. 7440 SW Hunziker Rd. Suite F, Tigard, OR 97223. **(503) 596-2222.** Web: balanceforfamilies.com.

Counseling and Victims' Services (Washington County): Ese kamo. Akanomon, famini, me ew pean pupunu ren ewe counseling. Sarinfan-Animu 8:30am-4:30pm ren chok appointment. 160 SW Washington St. MS 57, Hillsboro, OR 97123. **(503) 846-3020.** Web: co.washington.or.us/CommunityCorrections/VictimServices.

Evergreen Clinical: Psychotherapy ngeni emon me emon watte. \$20 ew session. 5200 SW Macadam Ave. Suite 160, Portland, OR 97239. **(503) 236-6218.** Web: www.evergreenclinical.org.

Good Samaritan Ministries: Onongonong won donation chok. Ekkewe emon me emon, ekkewe ir mi pupunu me ekkewe famini, semirit, me serafo, recovery seni riaffou, watten nukunuk, me groups. Ei nge ew Namanam-based counseling mi kawor, nge ese pwan require. Ese wor nour counselors re sinei chiaku. Sarinfan-Aruwanu 9am-8pm me Animu 9am-5pm. 7929 SW Cirrus Dr. Bldg. 23 (off Hall Blvd.), Beaverton, OR 97008. **(503) 644-2339.** Download ini ren omw kopwe tungor ewe taropwen counseling ren www.goodsamaritanministries.org/counseling.

Hawthorn Walk-In Center: Ese wor met kopwe moni, noum na insurance mei tongeni moni. Ren ewe Urgent care ngeni mental health me ewe addictions care. Mi wor ewe monomon ren tumwun seni me ru ekkewe professionals me ekkewe peers ngeni aramas ese pwan nifinifin ierir ion e need aninis nge rese pwan require repwe no ngeni pioing ren aninis. Telehealth me aninis won fon. Fitu appointments mi kawor. Koko mwen kopwe chuto. Mei suk fisu ran ew wiik, 9am-8:30pm. Ina e nomw unukun ewe Hawthorn Farm MAX station. 5240 NE Elam Young Pkwy #100, Hillsboro, OR 97124. **(503) 846-4555.** Web: www.co.washington.or.us/hawthorn.

Lewis and Clark College's Community Counseling Center: Pwokiten ei pandemic otun ei taropwe a mak, ese chiwen mumuta omw kopwe chuto. Video me fon chok ren ewe pekin counseling mi kawor. Memen mi kamorono ngeni ekkan ir mi kur ei COVID-19. Ekkewe Counseling ngeni ese pwan nifinifin ren ewe mental health mi wor seni advanced therapist-trainees (fan emwenien en faculty me licensed clinicians) ngeni emon me emon, en pean pupunu, famini, me ewe addiction therapy. E kan \$15, mwirin \$5-\$75 sliding scale ren ew session. Debit/credit card ika e-check mi ketiw. 4445 SW Barbur Blvd., Portland, OR 97239. **(503) 768-6320.** Web: https://graduate.lclark.edu/clinics/community_counseling.

LifeWorks Northwest: Tigard site e awora ekkan programs: Watte, semirit, me faminie ren outpatient mental health counseling, semirit me serafo psychiatric day treatment, gambling addiction counseling, ewe early childhood/parent-child intensive therapy, me ekoch psychiatric services. Ir mei angei OHP me ekoch medical insurance. Ekkan counselors ir mi kawor ir mi pwan tongeni chiakuni Spanish. 8770 SW Scoffins St., Tigard, OR 97223. Intake line: **(503) 645-9010.** Web: www.lifeworksnw.org.

Mental Health me Counseling (sopwosopwonon)

Men's Resource Center: Ir mei angei napengeni insurance. Rese chok angei OHP. Ir mei tongeni amokukunatiw ngonuk nupwen ar anisisuk. Emon me emon, ew pean pupunu, famini me group counseling me classes an mwan re pekin kirikiringawen non imw ika ewe osukosuken non famini. Rese angei ekan ir mei nom won drugs me sakaw. Sarinfan, Oru, Aruwanu, me Animu 9am-6pm me Aungungat 9am-8:30pm. Kopwe for omw appointment chok. 12 SE 14th Ave., Portland, OR 97214. **(503) 235-3433**. Email: info@portlandmrc.com. Web: www.portlandmrc.com.

Military Helpline (Lines for life): Ese kamo mei pwan monomon en epetin atapwanapwan (crisis intervention) me osukosuken ren sakopaten mwokutuk non pekin military. Referral line me online chat mi kawor 24/7. E anisi ekan service members, veterans, me ar famini ar repwe navigati-ini military benefit me resource systems. **888-457-4838** ika text MIL1 ngeni 839863 iteitani seni 8am-11pm. Web: www.militaryhelpline.org.

Morrison Child and Family Services: Ese wor omw kopwe tongeni chuto pwokiten ei COVID-19 otun ei mak. Ir mei angei OHP. Ekkewe treatment ika safei mi wor ngeni ekan ese pwan nifinifin ren osukosuken ren mental health, substance abuse, me epetin me aninisin education. Chon chiakuni Spanish mei wor. Sarinfan-Animu 9am-5pm. 14025 SW Farmington Rd. Suite 160, Beaverton, OR 97005. Omw kopwe schedule ika fori ew referral: **(503) 258-4381**. Beaverton Ofes: (503) 258-4495. Web: www.morrisonkids.org.

Portland Counseling and Training Center (Graduate School of Counseling ren ewe George Fox University): E awora ngeni emon me emon, famini, pean pupunu, serafo me ewe group counseling anongonong won ar income ren ewe sliding scale, \$5-\$40 ew session. Re charge-inuk won ew session esapw awa. Rese pwan need omw kopwe verify-ni omw income. Kopwe monatiw otun omw chuno. Sarinfan, Oru, me Aruwanu seni 9am-9pm. 12753 SW 68th Ave. #185, Portland, OR 97223. **(503) 554-6060**. Email: pctc@georgefox.edu. Web: www.georgefox.edu/clinics/portland-counseling-training-center/index.html.

Rolling Hills Community Church: Fansoun ar atewei e taropwe, ra chok awora ar services won Zoom pwokiten COVID-19. Mei sakopat met ra awora ngeni ekkei support groups me classes an fefin, veterans, pean pupunu, me sam me iin; Ekkewe unusen programs; grief classes, DivorceCare, DivorceCare4Kids, me ekkoch. 3550 SW Borland Rd., Tualatin, OR 97062. **(503) 638-5900**. Web: www.rollinghills.org.

School-Based Health Centers at Tigard and Tualatin High Schools: Ese wor ar counseling service mi kawor nupwen an for ei taropwe nge en mi tongeni kopwe koko omw kopwe cheki ar counseling services ngeni ekkan ese wor nour insurance me ekkan mi wor nour insurance re sukun non ewe Tigard-Tualatin School District. Tigard High Campus: 9000 SW Durham Rd., Tigard, OR 97224. **(503) 431-5775**. Tualatin High Campus: 22300 SW Boones Ferry Rd., Tualatin, OR 97062. **(503) 941-3180**.

Sequoia Mental Health Services: Awora aninis ngeni emon me emon semirit me watte mi wor ar psychiatric disabilities ika osukosuken non mekurer. Ir mei angei OHP me ekoch insurance. 4585 SW 185th, Aloha, OR 97078. **(503) 591-9280**. Web: sequoiamhs.org.

Western Psychological and Counseling Services: Ir mi awora ar services online otun ar fori ei taropwe pwokiten COVID-19. Napengeni insurance me OHP ir mi angei. Mi wor ar discount. Ngeni emon me emon, group, me famini ren therapy ngeni ekkan semirit, serafo, me watte. Mei wor chekin safei me tumwun ngeni ekkan ir mi fifiti therapy. Ren ewe Substance Use Disorder treatment mi wor Beaverton ren ewe Beaverton-Hillsdale Highway. Psychological testing mei pwan wor. Ir mei pwan awora ewe programin Autism me Tualatin. Sarinfan-Animu; Nour awa mi tongeni epwe siwin. Tigard Ofes: 7455 SW Beveland St., Tigard, OR 97223. **(503) 624-2600**. Tualatin Ofes: 18765 SW Boones Ferry Rd. Suite 100, Tualatin, OR 97062. **(503) 612-1000**. Web: www.westernpsych.com.

Youth Contact: Ewe sliding scale mi kawor ngeni ekan ese wor nour insurance. OHP me ekoch private insurance ir mei angei. Ekkewe aninisin counseling ngeni ekkan semirit, serafo, me famini ir mi nomw won osukosuken non memmef ika sakaw me drug abuse. Ir mei serve-ini chochon meinisin en famini. Mei wor neur clinicians ir mi tongeni chiaku non Spanish. Aninis ren chiakun ekoch kapasen fonuwen ekis. Ewe Main ofes: 447 SE Baseline St., Hillsboro, OR 97123. **(503) 640-4222**. Web: www.youthcontact.org.

Mental Health me Counseling (sopwosopwonon)

YouthLine: 24-hour Help, Support and Crisis Line (Lines for Life): Ren koko, texts ika chats youth Peer Crisis Intervention Specialist volunteers re kan wisen penuweni fisu ran non en wiik seni 4pm-10pm. Ren ewe Adult Crisis Intervention Specialist volunteers ir mi kawor won fon 24 awa non ew ran ew wiik. YouthLin e awora aninis me referrals ngeni ekan serafo re mefi sokopaten crisis ika watten osukosuk. Ekan itenap re porousan won ekan lines mi men seni an famini anini, osukosuk me noninen non sukun, sakaw/drug abuse, osukosuken non mwongo, ariaffoun inis me afeiengawen nissou, osukosuken non mekur (mental health), me osukosuken ekkewe mi homeless, kapachenong ekan re weires ren pusin afeiengawa inisir, me pusin nikono (suicide). Ese wor osukosuk mei kon watte ika kukun. **1-877-968-8491**. Text: teen2teen ngeni 839863. Web: www.oregonyouthline.org.

Counseling ren Ekkewe Ir mi Netipeta

The Dougy Center: Ese kamo. Ekan group ra men online otun an mak ei taropwe pwokiten COVID-19. Mi wor ekkewe peer support groups, ekkewe education, me training non en neni mi tumwun ian neur semirit, teens, serafo, me ar famini ir mi chupun netipeta repwe wau ar kewe memef. Ekkewe Spanish peer groups mi wor ika ke tungor. 3909 SE 52nd Ave., Portland, OR 97206. Peer support groups mi pwan kawor non Hillsboro me Canby. Koko ren appointments: **(503) 775-5683** ika email: help@dougy.org. Web: www.dougy.org.

Rolling Hills Community Church: Ren ekkewe class ren netipeta iwe e kan katou 5-wiik ngeni ion mei wor an netipeta: Atongean e mano ika a wes me pwunuwan, an angang, nefinan ewe ngeni emon, nonmwun, osukosuken non manawan, an semwen/samwaw, ekiekin, me met ekkewe. Iwe e kan \$10 ew session. Tota won: rollinghills.org/care/grief. 3550 SW Borland Rd., Tualatin, OR 97062. Omw kopwe register, email: wholeness@rollinghills.org ika kokori **(503) 638-5900**.

IN THIS TOGETHER: E supportini ekan semirit me famini ir mi netipeta. Ren ewe Professionally- Facilitated support groups re awora otun fall me winter ngeni unusen ewe famini mei pachenong semirit, serafo me watte ion mei mefi ei men mano ren ekan ir mi close ngeni. Ren ekkewe application mi required ren support groups ekan e fis non Portland. Kokori **(503) 414-5145** ika **(503) 953-5315**. Email: inthisotogether@oregonhospice.org. Web: oregonhospice.org/in-this-together.

Ekkewe Class Mei Required Seni Kapwung

Mwichen Tumwunun Nisosong me Kirikiringawen non Imw

Allies in Change: Ewe Mental health services ngeni ekan watte mi wor ar chomong osukosuk pachenong memmefin apinukunukungaw, osukosuk, noninen, me ekkewe kesiwinin non manawer. Classes, groups me counseling ren mwan me fefin mi wor rer mwichen tumwunun nisosong, fofor mi kirikiringaw, ika osukosuken non imw. Sarinfan-Animu 9am-7pm. Nekunion classes, groups. Chomwong neni, me sliding-scale mi kamo. Main ofes: 1675 SW Marlow Ave. Suite 110, Portland, OR 97225. Cedar Hills Ofes: **(503) 297-7979**. Web: www.alliesinchange.org.

Cedar Counseling Center: Ekkewe angangen assessment mi anongonong won unusan an emon me emon eoreni me fosun fonuer, rehab me bilingual (fosun ekkis) community support mei pachenong emon me emon me famini programs, forensics/pekin chosa, tonong-sefani (re-entry) me ekoeh. Rese angei insurance. Service mi kawor non Spanish. 5040 SW Griffith Dr. Suite 100, Beaverton, OR 97005. **(503) 641-0963**. Web: www.cedarcounseling.com.

Drugs me Sakaw

· **Sakaw me ekkewe Substance Helpline: 1-800-923-4357.**

Text 'RecoveryNow' ngeni 839863, 8am-11pm. Ren Spanish: 1-877-515-7848

· **Poison Control** (ren ewe overdose ren drugs ika sakaw): **1-800-222-1222**

CODA: Ren ewe neni me ewe tumwun ren ewe virtual mi kawor. Ren pekin evidence ika pisekin pwarata ren ewe sakaw, drug me mental health treatment me research/pekin kaeo. 11970 SW Greenburg Rd., Tigard, OR 97223 **(503) 624-8304**. Web: www.codainc.org.

Transcending Hope: E awora eochun housing mi nimenimeoch ngeni ekan ir mei addicted nge re mochen recover fan nurun en mentor-based program. 347A 1st Ave., Hillsboro, OR 97123. **(503) 757-2550**. Web: <https://transcending-hope.com>.

Hooper Detoxification Stabilization Center: E awora ngeni ekan inpatient me outpatient ewe withdrawal management me stabilization services ngeni ekan ir mi mochen repwe anisir ngeni ar treatment ren osukosuken substance use disorder. 1535 N Williams Ave., Portland, OR 97227. **(503) 238-2067**. Web: www.centralcityconcern.org/services/health-recovery/hooper-detoxification-center/index.html.

Hawthorn Walk-In Center: Ese wor met kopwe moni. Noum insurance mei tongeni epwe moni. Urgent care services ren mental health me addictions care. Care ika tumwun mi monomonono meren professionals me peers mi wor ngeni meinisin aramas ese pwan nifinifin ierir ion e need mwitirin tuwmun nge ese require pioing-based aninis. Telehealth me ewe fon services. Mi suk appointments ngeni ekoch. Koko mwen kopwe wareto. Mei suk non fisu ran iteiten wiik, 9am-8:30pm. Ina e nomw unukun ewe Hawthorn Farm MAX station. 5240 NE Elam Young Pkwy #100, Hillsboro, OR 97124. **(503) 846-4555**. Web: www.co.washington.or.us/hawthorn.

Puentes/Esperanza Juvenil: Ekan angang ngeni ekan Latino ra watte an epwe anis ngenir non fosun fonuer sakopaten eochun mental health me substance abuse disorder services. Rekan pwan angang ngeni ekkan serafon latino (ier 14-21) ekkan re osukosuk ren sakaw ika drugs/substance abuse ika ngeni ekkan gang. Mi wor en tiimen addiction mei sinei fosun ekkis me nukun ar en fosun fonu e awora addiction treatment, emon me emon me ren ewe faminien counseling, ewe in-home ren aninisin me pekin kaeo. 12672 SE Stark St., Portland, OR 97233. Sarinfan-Animwu 9am-5pm. **(503) 546-9975**. Web: centralcityconcern.org/services/health-recovery/puentes.

Rolling Hills Community Church Celebrate Recovery: Mi wor won Zoom otun ar makkei ei taropwe pwokiten COVID-19. Ew Namanam-based 12-step recovery program ngeni ekkan ir mei struggle ren sokopaten addictions (sakaw, nisou, drugs, mwongo) iwe pwan "codependency", uruon kirikiringaw, nisosong, pwan ekkoch. Ese kamo. Iteiten Aunungat rekan chufengen seni 6:30pm-8:30pm. Ekan napengeni rekan chufengen Rolling Hills Community Church, 3550 SW Borland Rd., Tualatin, OR 97062, mi awora mwongon nekunion (ese kamo, kemi tongeni donate ika ke mochen) 5:30pm mei pwan wor childcare ese kamo seni ar uputiw-5th (tori ar Animuwun). Ren tichikin porousan, tota won rollinghillscr.org.

YouthLine: 24-hour Help, Support, and Crisis Line (Lines for Life): Koko, texts me chats ngeni ekkewe Peer Crisis Intervention Specialist re kan volunteer rekan penuwani fisu ran iteiten wiik seni 4pm-10pm. Pwan ewe Adult Crisis Intervention Specialist ren ekkewe volunteers ir mi nomw 24 awa non ew ran non fisu ran iteiten wiik. YouthLine e awora support me referrals ngeni ekkan serafo re mefi sokopaten atapwanapwan ika osukosuk. Ekkan itenap re porous fanitan mi men seni annini nefinen chon famini me osukosuken non sukun, sakaw/drug abuse, osukosuken ren mwongo, kirikiringawen inis me kawet ren nissou, osukosuken non mekur, ese wor neni/homeless, mei pwan tori ika kapachenong ar afeiengawan inisir, me pusin nikono (suicide). Ese wor osukosuk mei watte ika kukun. Kokori **1-877-968-8491**, text: teen2teen ngeni 839863 ika chat: www.oregonyouthline.org.

Ekkewe Self-Help Groups

AA (Alcoholics Anonymous): (503) 223-8569

Ren aninis non fosun Spanish: (503) 848-0102

National: www.aa.org. Local: www.pdxaa.com.

Al-Anon Famini Groups & Alateen: (503) 292-1333

Ren aninis non fosun Spanish: (503) 916-9913

National: www.al-anon.org. Local: [www.al-anon portland oregon.org](http://www.al-anon-portland-oregon.org).

NA (Narcotics Anonymous): (503) 345-9839

National: www.na.org. Local: www.portlandna.com. Non Spanish: "Rompiendo la Cadena" ("Breaking the Chain") support group. Koko ren faten inet epwe fis, kunokun me ian epwe fis ian.

Pusin Nikono (Suicide)

Washington County Mental Health 24-Hour Crisis Line: (503) 291-9111

Pwan katon: **COUNSELING** (ren ekkewe page ren 25-27)

Boys Town National Hotline: E awora ngeni teens me famini ewe short-term (fansoun-mochomoch) crisis intervention, counseling, me refferrals ngeni ekkon local community resources. Re counsel won suicide (pusin nikono), memmefin apinukunukungaw me netipechou, sukun, kirikiringaw, nisosong, osukosuken ren sakaw/drugs, suseni imw, mwichen kaeo ren sam/iin, osukosuk nefinen chon famini, me ekkoch. Mei wor counselors ir mei tongeni chiakuni Spanish me pekin chiaku ren ekkoch foosun ekis mei wor. Ir mei angang 24 awa non ew ran, fisu ran iteiten wiik. **1-800-448-3000**. Text "VOICE" ngeni 20121. Web: www.boystown.org/hotline.

ImAlive Crisis Chatline: 24/7, fonufan unus. Mak ngeni emon volunteer mi train an epwe anisuk won ew atapwanapwan/crisis, epetin suicide, mental health, me ekoch. Meinsin ier ir mei ketiw. Web: www.imalive.org.

National Suicide Prevention Lifeline: E kan achufengeni ekkewe chon koko ngeni ewe mi skilled, trained counselor me non ewe ew local crisis center, ese pwan nifinifin kunok 24 awa non ew ran, fisu ran ew wiik. **1-800-273-TALK** (1-800-273-8255). Ren ewe Veteran's Crisis Line, tiki 1. Web: www.veteranscrisisline.net. Spanish: 1-888-628-9454. TTY: 1-800-799-4889. Web: www.suicidepreventionlifeline.org.

Suicide Bereavement Support: Rekan chufengen online tori inet repwapw tongeni esinesin sefan pwokiten ei COVID-19. Support groups ren ion mei netpeta ren an chiechian, punuwan, inan/seman, noun semirit, chiechian ne angang, pwin ika mongean ika ion chok e suicide. Iteiten maram rekan chufengen mei wor 8 nenien ar chufengen pachenong Hillsboro, Newberg, me Portland. **(503) 200-0382**. Email: SBSNWORG@gmail.com. Web: www.sbsnw.org.

YouthLine: 24-hour Help, Support, and Crisis Line (Lines for Life): Koko, texts me chats ren ekkewe Peer Crisis Intervention Specialist re kan volunteers rekan penuwani fisu ran iteiten wiik seni 4pm-10pm. Pwan ewe Adult Crisis Intervention Specialist volunteers ir mi nomwe 24 awa non ew ran non fisu ran iteiten wiik. YouthLine e awora support me referrals ngeni ekkon serafu re mefi sokopaten watten osukosuk. Ekkon topics re porous fanitan won en line mi men seni annini nefinen chon famini me osukosuken non sukun, sakaw/drug abuse, osukosuken ren mwongo, kirikiringawen inis me kawet ren nissou, osukosuken non mekur, ese wor nenier/homeless, mei pwan tori ika kapachenong ar pusin afeiengawa inisir, me pusin nikono (suicide). Ese wor osukosuk mei watte ika kukun. Kokori **1-877-968-8491**, text: teen2teen ngeni 839863 ika chat: www.oregon-youthline.org.

Adult Education

Computer Classes me re ewe **Tigard Public Library**: Ese mwo chiwen wor sukun non classroom pwokiten ei COVID-19 otun an for ei taropwe. Ar class ekan fis non ewe Roomen Technology won ewe 2nd floor, chon akom eto, ir repwe pwan akom. Tikit mei wor ren ewe reference chepen. Mi wor chon anisi epwe anisi emon me emon non fosun Merika me Spanish. Kokori ewe chepenin reference ren omw kopwe for appointment. 13500 SW Hall Blvd., Tigard, OR 97223. **(503) 718-2517**. Schedule online won www.tigard-or.gov/library. Tiki ewe “programs” iwe mwirin “computer classes.”

English Classes ren ewe **Portland Community College**: Otun an mak ei taropwe, ra chok awora ar kewe class remotely pwokiten ei COVID-19. Chon sukun repwe angei ar placement test, ren appointment ar repwe churi neur ESOL advisor, me fiti ewe programin orientation me mwen repwe register ren ar class iwe repwe pwan ekiekin angei ewe test ew quarter me mwen repwe enroll. Memen mi poputa seni \$33.30 ew class (ewin) ngeni \$116 ew credit (Advanced). Ekkoch memen class mi tongeni komorono ngeni ekan chon sukun re fiti ekkoch programs. 12000 SW 49th Ave., Portland, OR 97219. Ina mi wor ena video ren omw kopwe katon ika kopwe ifan nge ina mi kawor non sokopaten fosun ekkis www.pcc.edu/prepare/esol. **(971) 722-4463**.

English Language Learner Classes non **Tigard**: Non ei fansoun a mak ei taropwe pwokiten COVID-19 a chok fis won Zoom. Zoom sessions re kan awora ewe Practice aporous. Kopwe register online me Tigard Informal English Language Learning ren ekkewe watte (TIELLA) at tiella.org. Ren ewe non fofoun aramas ren class poputa, chon sukun repwe register non class. Ren ekkewe re keran poputa, ekkewe ra nomw nukanapan, me ekkewe ra nuno ren ewe non fofoun aramas class ngeni watte ekan fis non ru neni me Tigard, St. Anthony Catholic Church: 9905 SW McKenzie St., Tigard, OR 97223 me Tigard United Methodist Church, 9845 SW Walnut Pl., Tigard, OR 97223 (nukunupen Jiffy Lube). Ren pwan ekkoch porous minafo, iwe cheki tiella.org.

GED CLASSES ren ewe **Portland Community College**: Ir mi awora ar class remotely otun an mak ei taropwe pwokiten COVID-19. Ren ewe Basic Education ren ekkewe watte ran ar kewe class ngeni ion a ier 16 feita an epwe mwoneta ngeni ar repwe angei ewe GED exam. E focus won anapano ren basic skills non anea, mak, me math, Memen a poputa seni \$38-\$138 ew term. Mi wor ar class nesosor me nekunion mi kawor non unusen ekkewe PCC campus. Sylvania Campus: **(971) 722-4468**. Web: www.pcc.edu/prepare/basic. Ren tichikin porousen Spanish GED program, kokori (971) 722-6219 ika tota won www.pcc.edu/resources/spanish-ged.

Rolling Hills Community Church: Esapw mwo chiwen fis nupwen a mak ei taropwe pwokiten COVID-19. Ekkewe ra poputa keran me ekkewe ra tik nukanapan Ekkewe class ren kaeon fosun Merika mi pwan kawor an semirit program non Sarinfan nekunion seni 6:30pm-8pm. (Hope’s Table mi pwan awora mwongo ese kamo seni 5pm-7pm me mwen class) me Rolling Hills Community Church, , 3550 SW Borland Rd., Tualatin, OR 97062. **(503) 638-5900**. Email: english@rollinghills.org. Web: Rollinghills.org.

Aninisin Angang me Career Services

Goodwill Job Connection: Ese kamo omw kopwe kut omw angang, fori noumw ewe taropwen resume, me ekkewe referral program ren kute angang non en community, napengeni ren pekin ar awora ekkewe fansoun ngeni ekkewe mi wor weiresin ar repwe kunekun ar angang. 13920 SW Pacific Highway, Tigard, OR 97223 **(503) 746-5070**.

Office of Vocational Rehabilitation Services: E awora angang ngeni ekan aramas mi wor terir. Ekkei program mei chok fiti ngeni emon me emon. 8880 SW Nimbus Ave. Suite D, Beaverton, OR 97008. **(503) 277-2500**. Web: www.oregon.gov/DHS/employment/vr.

Portland ESL Network: Nge ew website omw kopwe kuta ekkewe fosun Merika class non Portland. Web: www.portlandesl.com.

WorkSource Portland/Metro-Tualatin (Ren ewe Employment Department): Ren ewe pekin Career advising/counseling, forun resume me ewe makken cover letter, me omw kewe sinei ren pekin interview, ewe iMatchskills system, porousen ewe Job Corps, kaeon ewe computer system, job fairs, aninisin kut angang, ewe resource room, me veteran services. Mi wor omw access ngeni internet, fon, fax, me ewe mwesinen kapi. Sarinfan-Animu 8am-5pm. 7995 SW Mohawk St., Tualatin, OR 97062. **(503) 612-4200**. Web: www.worksource.oregon.org.

Aninisin non Kapwung

Catholic Charities Immigration Legal Services: \$50 mon ewe ewin mwich ika consultation. Memen ren immigration mi onongonong won meni service ke need. Mi wor ewe Professional legal representation, ewe pekin advice, me advocacy ngeni ekkan immigrants mi kukun ar income an repwe tumwunur me ar kewe pwuung. E focus won famini ren ewe reunification (chufengin-sefan) me aninis ngeni ekkan immigrants, pachenong victims ren ekkewe foforangaw ren osukosuken non imw me human trafficking (amomono aramas). Pwan ewe Public education, training me community outreach ar repwe aiti ekkewe immigrants ren ar kewe pwuung me ar kewe anen ren immigration relief. **(503) 542-2855**. Sarinfan-Animu 8:30am-4pm. Services mi wor non fosun English, Spanish, me Vietnamese. 2740 SE Powell Blvd. #2 (Floor 3), Portland, OR 97202. Email: immigrationemail@ccoregon.org. Web: www.catholiccharitiesoregon.org.

Child Support: Ei helpline e angang seni ewe Legal Aid Service seni Oregon e anisi aramas ir men ani osukosuk ika rese tawe me moni child support. Sarinfan kunok 1pm-4pm me Aruwanu 9am-12pm a wor chon angang ir men nomw. Chon chiakuni Spanish mei wor. **1-800-383-1222**. Web: www.oregonlawhelp.org. Ren ekkewe taropwe me penuwen kapas eis, iwe tota won ewe Department of Justice ren: www.doj.state.or.us/child-support. Email: ChildSupportCustomerService@doj.state.or.us. **1-800-850-0228**.

Colectiva Legal del Pueblo: E awora ngeni sakopaten direct legal services ar repwe angang faniten deportation (atouwa) me anomu fengen famini mi pachenong nge ese pwan kauk, legal representation ika aninisin kapwung ese kamo mei pwan mo kukun. 13838 1st Ave S., Burien, WA 98168. **(206) 931-1514**. Email: info@colectivalegal.org. Web: colectivalegal.org.

Community Advocacy Program (Domestic Violence Resource Center): Ese kamo advocacy ika aninis ngeni ekkan survivors ren osukosuken non imw. Mei wor chon aninis ne file-ini omw taropwen annukun epet (restraining orders), taropwen annukun epet ren nikatapw, ika taropwen annukun epet ren kirikiringawen ekkewe mi chinap/ter. Mei wor chon aninis ren chok pekin ekkei ar repwe anis ngonuk tichikin porous ese nifinifin, referrals ren aninis, akkotun tumwun, case management me pwan ekkoch won Zoom, fon, ika email otun an mak ei taropwe ren ei COVID-19. Taropwen annukun epet (protective orders) non ei otun ra chok amosou me Washington County Courthouse nge ekkewe DVCR advocates ika chon anisi ir mi nom ar repwe anisi ngonuk ne amosouwa noum taropwe won Zoom. Kose mochen kokori ekkan advocates. Zoom: **(503) 773-5193** ika fon: **(503) 640-5352 ext 604**. Sarinfan-Aruwanu 8:30am-4pm me Animu 8:30am-2pm. 735 SW 158th Ave. Suite 100, Beaverton, OR 97006. Web: www.dvrc-or.org.

Community Alliance of Tenants: Porousen workshops me resources ren tenants/chon rent. Ese wor legal advice e katou. Spanish me Vietnamese chon chiaku mei wor. An ekkewe Renters' Pwung ren ewe Hotline: Sarinfan, Aunungat, Animu me Ammon 1pm-5pm iwe Oru 6pm-8pm. **(503) 288-0130**. Web: www.oregoncat.org.

Fair Housing Council of Oregon: E wisen chosani ekkan kleim ren housing fan iten kefinin aramas. Iteiten Animu 9am-12pm. **(503) 223-8197 ext. 2** (Portland) ika **(800) 424-3247 ext. 2** (Chiaku mei kawor). Email: information@fhco.org. Web: www.fhco.org.

Immigration Counseling Services: Ew non-profit immigration law firm/ofes. Oru-Animu 9am-12pm me 1pm-5pm. Ewe ewin step omw kopwe emon client kopwe amasowa ena Consultation Request en mi tongeni download seni: : www.ics-law.org, ika chuto angei me: 519 SW Park Ave. Suite 610, Portland, OR 97205. **(503) 221-1689**.

Aninisin non Kapwung (sopwosopwonon)

Legal Aid Services of Oregon: Ese kamo. Sarinfan-Animu 9am-4:30pm. Mi wor chon chiakuni Spanish. **(503) 640-4115**. Web: www.oregonlawhelp.org. 230 NE Second Ave. Suite F, Hillsboro, OR 97124.

Lutheran Community Immigration Counseling and Advocacy Program: Mi tongeni epwe sokopat memen ewe fee. Re kan wisen awora ewe counseling mi mo kukun ngeni ekkewe immigrants me refugees. Mi wor ach kei service non sokopaten fosun ekkis. Sarinfan-Enimwu 8:30am-4:30pm (kesip atun lunch seni 12pm-1pm). 3800 SW Cedar Hills Blvd. #288, Beaverton, OR 97005. **(503) 924-2448**. Web: www.lcsnw.org/office/beaverton.

Safe Oregon: Oregon State Police re awora anen an chon sukun, chon angang ika ekoch chochon en public repwe report me aea fengeni porous mi monomon ren pekin turunufos (threat) ika efiengaw ngeni ekkaw chon sukun nge esapw pwan afatatiw ika ion e wisen repotei. Ekkewe chon angang ir mi sinei ina mi wor 24/7/365 omw kopwe koko, text message, ewe mobile application ika website. Tips mi tongeni submit won website: safeoregon.com, email tip@safeoregon.com, SafeOregon mobile application, ika koko ika text **(844) 472-3367**. Tips iwe ir mi chosani iwe repwe fori ar angangen follow up. Ei mi tongeni wenengeni meinapen sukun, police ika law enforcement, community mental health programs, ika ekkewe ekkoch local ika state agencies. Web: safeoregon.com/resources/parent-resources.

Sponsors Organized to Assist Refugees (SOAR): E awora ekkewe eoreni me sinei, ren ekkewe porousen immigration me legal representation me education ngeni ekkaw refugees ese watte nour income me immigrants non ika orun Portland. Legal services ika aninisin ren kapwung mi pachenong applications ren U.S citizenship, asylum/epet, osukosuken deportation, Deferred Action ika mwokutukut ren ekkewe Childhood Arrivals (DACA) Renewal/for sefan, mumutan angang, famini-based visa, Lawful Permanent Residency, temporaryprotected status, U visa, me Violence Against Women Act (VAWA). \$50 emon client ren ewin mwich ika consultation ren chok appointment. Sarinfan-Aruwanu 8:30am-12pm iwe 1pm-5pm. 7931 NE Halsey St. Suite 302, Portland, OR 97213. **(503) 384-2482**. Email: soarlegal@emoregon.org. Web: emoregon.org/soar-legal. Pwokiten COVID-19, walk-in me non ei clinic mei kauno otun ar makei ei taropwe tori inet ra pwan esinesin sefan.

St. Andrew Legal Clinic: E anisi ekkaw famini ese watte ar income ren ewe annuk e need ren pekin mwumwu, custody/nemenem, mwufesin/divorce, child support, osukosuken non imw, pekin chon tumwun, ekkewe taropwen annukun epwe (restraining orders) me spousal support (ren ekkewe mi pupunu). Arapakan meinisin clients repwe eto seni ewe “night clinic” (nepwin) program ekkaw napengeni fis nekunionun Aunungat seni 6:30pm-9pm (night clinic mei kesip otun ei taropwe a mak pwokiten COVID-19). Mon ekan \$40 (ren chen mwoni chok) ren ewin mwich ika consultation ekkaw chok ukukun 30-40 minits. Memen non ekkaw ran mwach epwapw anongonong won porousen case me income. Mo kukununon sliding scale rate iwe a \$40 ew awa. Ar services mei kawor non Spanish. Legal representation ika aninisin ren kapwung me advice ren ewe annukun famini. Sarinfan-Animu 9am-12pm iwe 1pm-5pm. 232 NE Lincoln St. Suite H, Hillsboro, OR 97124. **(503) 648-1600**. Web: www.salcgroup.org.

Tenant Hotline: Ese chiwen suk. Kokori Oregon Law Center ren porousan: **(503) 640-4115**.

Aninisin ngeni Ekkewe Chinap

Benefits Checkup (National Council ren Aging): Ese kamo. E anisi ekan chinap ier 55 feita ar repwe kuta sakopaten public me private benefits ika aninis ar repwe anisir ne moni health care, ekkewe safei, mwongo, housing, utility/fifi me ekoch aninis. Web: www.BenefitsCheckUp.org.

Juanita Pohl Center (Tualatin's Active Aging Center): Mei kesip otun an mak ei taropwe pwokiten ei pandemic: E focus won wellness/pochokun ika chikaren ren inis me "aging" non kinamwe non en community ar awora ekkewe pekin urumwot, programs, me classes mine e menei ekan chinap ar repwe chok sopweno me chikar me pochokununo non unusan nonomwer. Ekan watte ier ese pwan nifinifin ir mi tongeni kukunou me churi minafon aramas, anapano ar health me wellness/pochokun seni sakopaten mwokukut me exercise (taiso) classes, non ekkoch sokopaten kaeo, repwe pwan awora eochun lunchtime meals, arts me mettoch mei mwurinno, me pwan ekkoch activitiars ren pekin volunteer non urumwot me foforon "outings" non local trips. Sarinfan-Animu 8am-5pm. 8513 SW Tualatin Rd., Tualatin, OR 97062. Ren tichikin porousen recreation program kokori **(503) 691-3061**. Meals on Wheels People ekan awora ekkewe mwongo mi pwichikar non aramas nge pwokiten, ei COVID-19, ra chok deliver. Kich mi kan pesei oupwe kan donate \$7 ren ew mwongo. Ewe Meals on Wheels mi pwan kawor ngeni seniors ra nomwonong non imw: 503-692-6767. Web: www.tualatinoregon.gov/recreation/juanita-pohl-center-0.

Oregon Senior Farm Direct Nutrition Program: Ese kamo. Iteiten ier poputa seni April 1, ekan chinap ier 62 feita repwe angang SNAP (foodstamps) ika Medicaid, repwe pwan tikeri ewe income guideline iwe pwan non ar nonom nge esapw wor ener mwongo. Ekan chon angei nour vouchers repwe kamo ekkewe minafon foun ira, masowen non atake, me ekkewe herbs ika iasai me non ekan farmers markets me farm stands seni June-November. Meinsin ekan chinap ir mei eligible ina repwe angang nour taropwen esinesin non mail (mei non futo) otun spring iteiten ier. **1-866-299-3562**. Web: www.myoregonfarm.org.

Ride Connection: Ew private, non-profit organization ir mi awora aninis ngeni ekan aramas ren pekin transportation, akomwan ngeni ekan 60 ierfei feita ika ekan aramas mei wor terir. Ar service mi pachenong porous me referral ren transportation, travel training me support, ngeni ewe "door-to-door" rides ren ar repwe no fetan ren chowean medical ika dokter appointments, shopping me churi aramaser kewe. Pwokiten ei COVID-19, ra pwan kawor pworun mwongo delivery ngeni nour clients (otun an mak ei taropwe). Onongonong won donation chok. Iei nour ei schedule: Sarinfan-Animu 7:30am-5pm. **(503) 226-0700**. Email: info@rideconnection.org. Web: www.rideconnection.org.

Seniors and People with Disabilities, Tigard Department of Human Services: Ese kamo. Aninisin ekan watte me ekan ra 18 ier feita mei wor terir. Ren ekkewe ir mi eligible, ra pwan tongeni anisir ne kuta me angei ekkewe services, ren pekin medical/pioing, SNAP/aninis ren mwongo, health care coverage, ewe long term (fansoun-nakatam) me community-based care services me pwan ekkewe ekkoch me nukun. Chon chiakuni fosun Spanish me ekoch fosun ekkis ir mi kawor ngeni ekkewe appointment. Sarinfan-Animu 8am-5pm. 11515 SW Durham Rd. Suite 5, Tigard, OR 97224. **(503) 968-2312**. Web: www.oregon.gov/dhs/SENIORS-DISABILITIES/SPPD/Pages/index.aspx.

Tigard Senior Center: Mi mwo kesip non ei fansoun am makkei ei taropwe fan iten ei pandemic. Ei neni nge e kan chok sa won ekkewe mwonien donation ren ekkewe ra ier 60. E kan anisi ekkewe chinap seni Tigard, King City, me ekkewe neni unukun ren ekkewe program, class, me ekkewe chon anisi re angang won pekin health me wellness/pochokun. Mi pwan wor ewe Meals on Wheels e kan awora lunch seni 11:30am-1pm (donation ngeni ekkewe ra ier 60). Sarinfan-Animu 8am-4pm. 8815 SW O'Mara St., Tigard, OR 97223. **(503) 620-4613**. Web: www.tigard senior center.org.