



## Resources for Parenting & Families

<p><b>Albina Head Start/Early Head Start</b> 3417 N.E. 7th Ave Portland, OR 97212 503-282-1975 <a href="http://www.albinahs.org">www.albinahs.org</a></p> <p><i>This resource offers support to low-income pregnant women, teen moms and kids 0-5.</i></p>	<p><b>Black Parent Initiative</b> 503-284-8000 <a href="http://www.thebpi.org">www.thebpi.org</a></p>	<p><b>Center for Family Success</b> 229 SE 181st Ave Portland, OR 97233 503-286-0600 <a href="http://www.multco.us">www.multco.us</a></p> <p><i>This resource offers classes and support for criminal justice-involved families.</i></p>
<p><b>Child Care Resource and Referral of Multnomah County</b> Maywood Annex Building 2, 4510 NE 102nd Ave Portland, OR 97220 503-491-6205 <a href="http://www.ccr-mc.org">www.ccr-mc.org</a></p> <p><i>This resource offers free childcare referrals, parent resources and referrals for childcare subsidy.</i></p>	<p><b>Downtown Women's Center</b> 511 SW 10th Ave Ste 905 Portland, OR 97205 503-224-3435 <a href="http://www.graduate.lclark.edu/">www.graduate.lclark.edu/</a></p> <p><i>This resource offers all pregnancy options/women's health services. All insurances accepted.</i></p>	<p><b>Friendly House</b> 1737 NW 26th Ave. &amp; Thurman Portland, OR 97210 503-228-4391</p> <p><i>This resource offers playgroup, preschool, summer school, after school programs for K-5th grade, including Project Return for children from homeless families.</i></p>
<p><b>Impact Northwest</b> 503-721-1740 <a href="http://www.impactnw.org">www.impactnw.org</a></p> <p><i>This resource offers early childhood, youth and family services.</i></p>	<p><b>Insights Teen Parent Services</b> 4900 NE Glisan St. Portland, OR 97213 503-239-6996 <a href="http://www.janusyouth.org/programs/teen-parents">www.janusyouth.org/programs/teen-parents</a></p> <p><i>This resource offers education &amp; support for parents to age 22. Housing assistance for homeless mothers to age 20.</i></p>	<p><b>Jewish Family &amp; Child Services</b> 1221 SW Yamhill, Suite 301 Portland, OR 97205 503-226-7079 <a href="http://www.jfcs-portland.org">www.jfcs-portland.org</a></p> <p><i>This resource offers in-home counseling.</i></p>
<p><b>Lifeworks NW</b> St. Johns: 8425 N. Lombard St. Mill Park: 1245 SE 122nd Ave. 503-283-4776 503-564-0164</p> <p><i>This resource offers children's relief nurseries, parent/infant classes and family support.</i></p>	<p><b>Multnomah County Department of County Human Services, Aging and Disability</b> 503-988-3646 <a href="http://www.multco.us/ads">www.multco.us/ads</a></p> <p><i>This resource offers information and assistance to seniors (older people), people with disabilities, and caregivers.</i></p>	<p><b>Parents of Murdered Children</b> 2116 NE 18th Ave Portland, OR 97212 Mary Elledge 503-656-8039 <a href="http://www.pomc.com/portland/">www.pomc.com/portland/</a></p> <p><i>This resource offers self-help support made up of persons whose loved ones have been murdered.</i></p>

<p><b>Pathfinders Center for Family Success</b>  1445 SE 122nd Ave  Portland, OR 97233  503-286-0600  <a href="http://www.unityhealthcenter.org">www.unityhealthcenter.org</a>  <i>This resource offers HIV/STI/Hepatitis/Pregnancy testing. Pap, birth control, and abortion services.</i></p>	<p><b>PAW Team</b>  1718 NE 82nd  Portland, OR 97200  503-206-6033  <a href="http://www.pawteam.org">www.pawteam.org</a>  <i>This resource offers a pet food bank and free pet care. Bring ID and proof of income if available. Pet must be spayed/neutered.</i></p>	<p><b>Planned Parenthood Call Center</b>  503-788-7273  888-576-7526</p>
<p><b>Pongo Fund Pet Food Bank</b>  3632 SE 20th  Portland, OR 97202  503-939-7555  <a href="http://www.thepongofund.org">www.thepongofund.org</a>  <i>This resource offers a pet food bank. Bring ID and proof of income if available. Pet must be spayed/neutered.</i></p>	<p><b>Sacajawea Head Start</b>  4800 NE 74th Ave  Portland, OR 97218  503-916-5724  <a href="http://www.pps.net">www.pps.net</a>  <i>This resource offers support services for 3-4 year olds and their families.</i></p>	<p><b>Project Nurture</b>  503-413-4500 (Emanuel)  855-733-2632 (CODA)  503-513-8950 (Providence)  info@healthshareoregon.org  <a href="http://www.healthshareoregon.org">www.healthshareoregon.org</a>  <i>This resource offers prenatal care &amp; support for pregnant women using drugs. Methadone &amp; Suboxone, peer support available.</i></p>
<p><b>WIC</b>  131 NE 102nd Ave  Portland, OR 97220  503-988-3503  <a href="http://www.oregon.gov">www.oregon.gov</a>  <i>This resource offers supplemental food and resources for women, infants and children.</i></p>		