



community resource book

for youth and
their friends and families
matching needs and interests
with resources in the
Portland community

table of contents

information & referral	1
legal aide	1
clothing	2
mental health	2
substance abuse	2
health, pregnancy, & parenting	3
recreation	5
school & job assistance	11
crisis centers & shelters	15
youth services	16
volunteer opportunities	20
hotlines	21

Info 211

(503) 222-5555 from a cell phone

Dial 211 from most land lines

Monday-Friday 9am-5pm

Online database at www.211info.org.

City of Portland and Multnomah County

(503) 823-4000

Juvenile Rights Project

401 NE 19th Ave. #200 Portland

(503) 232-2540

www.jrplaw.org

Protects the rights of children and youth.

Provides information, referrals, and advice on juvenile law. Offers legal services; family mediation; juvenile court petitions; college scholarships for Oregon foster children; emancipation procedures for teens; housing issues for minors; public school enrollment; school discipline; special education law; independent living programs; investigation of access to mental health services. Monday-Friday 8:30am-12:00pm & 1:00pm-5:00.

Helping Hands Community Store

9999 NE Glisan St. Portland

(503) 517-0298

10 items of clothing per person 2x/month

Bring picture ID and proof of household members.

Monday, Tuesday & Wednesday 10am-2pm.

Bus service: 20, 22

Life Works NW

4 locations in Portland area

(503) 645-9010

www.lifeworksnw.orgMental health counseling, day treatment,
psychological evaluations, and addiction services.
Ages 3-18.**DePaul Treatment Youth Program**

4310 NE Killingsworth St. Portland

(503) 535-1181

www.depaultreatmentcenters.orgGender-specific residential and outpatient programs
for youth 12-20.

Outside-in

1132 SW 13th Ave. Portland
(503) 535-3800
www.outsidein.org

Medical clinic with health care, prevention, and advocacy for people who are homeless ages 30 and under. Sliding fee scale. \$10 minimum.

English and Spanish speakers.

Cutting edge care including tattoo removal, chiropractic care, pregnancy testing, HIV/STD testing, acupuncture, and dental care.

Planned Parenthood

3231 SE 50th Ave. (Bus 9, 14, 71) Portland
3531 NE 15th Ave. (Bus 8, 9, 33) Portland
(503) 788-7273
www.plannedparenthood.org

HIV & STD testing, pregnancy counseling, and birth control options.

Pregnancy Resource Center

4 locations in Portland area
(503) 659-3336
www.portlandprc.org

Free baby and maternity clothes, baby toys and furnishings in exchange for watching a video on a Saturday.

New Avenues for Youth

314 SW 9th Ave. Portland
(503) 224-4339
www.newavenues.org

Flu, pneumonia, and tetanus vaccinations.

Tuesdays 8:30am-12:30pm, Thursdays
12:30-4:30pm.

M.A.S.H (At Outside In)

1132 13th Ave. Portland
(503) 224-4339
www.newavenues.org

Monday Afterhours Street Health
Clinic drop-in for youth and young adults 30 and younger. Mondays, 10pm-midnight.

Insights Teen Parent Program

2020 SE Powell Blvd. Portland
(503) 239-6996
www.insightstpp.org

Services for teen parents and their partners who are under 21. Support for pregnant and parenting teens and their partner. Individual or group counseling. Information, recreation, and mentor program.
Bus service: 49, 10, 17

Multnomah County School-Based Health Clinics

(503) 988-4424
www.mchealth.org/sbhc

Provides general health care, including some mental health services, to youth up to age 21. Provides a “safe zone” and welcoming environment for youth to talk. Visit the website for the 7 high schools and 4 middle school locations.

eHealth4Teens

www.eh4t.org

Teen health website by Multnomah County Health Department.

Portland Parks and Recreation

www.portlandonline.com

Community Music Center	
3350 SE Francis St.	(503) 823-3177
East Portland Community Center	
740 SE 106th Ave.	(503) 823-3450
Fulton Park Community Center	
68 SE Miles St.	(503) 823-3180
Hazeltine Park	
5416 SE Flavel Dr.	
Hillside Community Center	
653 NW Culpepper Terr.	(503) 823-3181
Laurelhurst Dance Studio	
3756 SE Oak St.	(503) 823-4101
Matt Dishman Community Center & Pool	
77 NE Knott St.	(503) 823-3673
Montavilla Community Center & Pool	
8219 NE Glisan St.	(503) 823-4101
Mt. Scott Community Center & Pool	
5530 SE 72nd Ave.	(503) 823-3183
Multnomah Arts Center	
7688 SW Capitol Hwy.	(503) 823-2787
Peninsula Park	
Rose Garden, Community Center & Pool	
700 N. Rose Parks Way	(503) 823-3620
Sellwood Community Center	
1436 SE Spokane St.	(503) 823-3195
Southwest Community Center & Pool	
6820 SW 45th Ave.	(503) 823-2840
St. Johns Community Center	
8427 N. Central St.	(503) 823-3192
University Park Community Center	
9009 N. Foss Ave.	(503) 823-3631
Woodstock Community Center	
5905 SE 43rd Ave.	(503) 823-3633

Multnomah County Library

801 SW 10th Ave. Portland

(503) 988-5123

www.multcolib.org

Hang out with friends, use the internet and get homework done. Multiple sites have a Teen Lounge for grades 6-12. Check the website for participating locations, days and times under the teen tab.

Oregon Zoo

4001 SW Canyon Rd. Portland

(503) 226-1561

www.oregonzoo.org

On the 2nd Tuesday of each month admission to the zoo is only \$2.00. Open Daily 9am-4pm.

Ethos Music Center

10 N Killingsworth St. Portland

(503) 28.ETHOS

www.ethos.org

Music lessons (private, group, Ethos Music Camp) and Urban Music Project (turntable, hip hop, lyricism, beat making, etc.)

KBOO Youth Collective

20 SE 8th Ave. Portland

(503) 231-8032

www.kboo.fm

Formed in 2002 for youth 21 and younger. To get involved, email kbooyouth@hotmail.com or call (503) 231-8032 x221 or listen in at 90.7 fm. The Underground: public affairs show where topics are chosen by youth collective members airing the 4th Wednesday of the month from 6-7pm. Youth Randomonium: music show featuring youth bands and run by youth DJs which airs the last Friday of the month from 11-midnight.

Independent Publishing Resource Center

917 SW Oak St. #218 Portland

(503) 827-0249

www.iprc.org

Offers free drop-in groups such as making comics or letter writing. In addition, they offer low cost workshops such as how to make a zine (starting at \$5).

Fuego/Phoenix Rising Program

1532 SW Jefferson St. Portland

(503) 241-4357

www.gofuego.org

Offers mentorship and healing activities: theater, painting, music, yoga, etc. Bus service: 6

HomePlate

494 E. Main St. Hillsboro

(503) 867-7762

www.homeplateyouth.com

Meals, movies, showers, and socialization for youth 12-21. Located 2 blocks from Hillsboro Transit Center. Thursdays 6pm-8pm.

Boys Scouts of America

2145 SW Naito Pkwy. Portland

(503) 226-3423

www.cpcbsa.org

Challenge Climbing Programs, Golf Marathon, and many other activities.

Young Life

www.younglife.org

155 Young Life clubs through Oregon in middle and high schools. Young Life's mission is "Introducing adolescents to Jesus Christ and helping them grow in their faith."

Queerzone

Provides a safe place for LGBTQ homeless youth to socialize and get the help that they need.

Tuesdays 6pm-8pm at Outside In (basement)

Thursdays 6pm-8pm at New Avenues for Youth

Saturdays 4pm-9pm at SMYRC

Contact Rej Joo at (503) 535-3863 or rejj@outsidein.org.

Growing Gardens

2003 NE 42nd Ave. # 3 Portland

(503) 284-8420

www.growing-gardens.org

Offers after-school garden clubs, summer garden camps, in school garden programs, teen service learning, parent/child workshops and garden educator training.

Sexual Minority Youth Resource Center (SMYRC)

2100 SE Belmont St. Portland

(503) 872-9664

www.smyrc.org

Drop-In Center open Wednesdays 4pm-9pm & Fridays 4pm-11pm. Drop-In Center offers skill building groups, social activities, and youth leadership. Kitchen, library, computers, pool table, and theatre stage available. Open to queer and allied youth 23 and under.

PAL Youth Center

424 NE 172nd Ave. Portland

(503) 256-3479

www.palkids.org

Open to youth ages 8-17. Membership fees vary from \$25-50. They also offer summer adventure camp and sports leagues.

Focus on Youth

1028 SE Water Ave. Suite 50 Portland
Inside the Water Commerce Center
(503) 341-6878
www.focusonyouth.org

Offers photography classes year round at no cost to low-income, homeless and disadvantaged teens.

Elemental Summer Camp

(503) 758.7983
www.elementalyouth.org

The camp features the four elements of Hip Hop. Completely free for all participants. Offers cutting edge community-based instruction in turntablism, beat production, lyricism, multi-media visual art, dance, and the history of hip-hop. Offered for one week in North Portland in July.

Caldera

224 NW 13th Ave. Suite 304 Portland
(503) 937-7594
<http://65.197.140.241/>

Caldera's year-round youth programs available at Art Partner schools:

Binnsmead, H.B. Lee, Ockley Green,
Open Meadow Middle School, SEI Academy

Girl Scouts of America

9620 SW Barbur Blvd. Portland
(503) 977-6800
www.girlscoutscrc.org

Offer girls 5-17 programs such as Summer Camp, Cookie Program, Science & Technology, and Hispanic Initiative Program to build courage, confidence, and character. Girls with mothers at Coffee Creek can visit with them 2x/mo in The Girls Beyond Bars program.

Portland Boys & Girls Club

www.bgcportland.org

Inukai Family

560 SE 3rd Ave. Hillsboro
(503) 640-4558

After school program for ages 6-18.

Kids café, gym, and weight room.

Mondays 2pm-8pm & Tuesdays-Fridays 2:30pm-8pm.

Blazers

5250 NE MLK Jr. Blvd. Portland
(503) 282-8480

Teen Center for youth 13-18 offers sports programs, discussion groups, career exploration, field trips, and freestyle rap. NightScape offers basketball, movies, and a safe place to hang out on Fridays and Saturdays 7pm-11pm (membership card required).

Wattles

9330 SE Harold St. Portland
(503) 775-1549

Teen Center for grades 7-12.

Game room (pool table, foosball, bumper pool, ping pong), Lounge (video games, DVD/VCR/TV), Computer lab (high-speed internet access, educational software), Information (college info, scholarships, SAT and ACT testing software), and Small groups (College Tours, Job Ready, Keystone, Torch Club, Junior Staff).

Meyer Memorial

7119 SE Milwaukie Ave. Portland
(503) 238-6868

Teen Center for ages 13-18 with movies, pool, small groups, health and life skills. The Power Hour (homework help) is available Monday-Thursday 3pm-5pm. Teen Night offers basketball, movies, and a safe place to hang out on Fridays & Saturdays 7pm-11pm (membership card required).

Portland Youth Builders

4816 SE 92nd Ave. Portland
 (503) 286-9350
www.pybpd.org

Helps youth 17-24 to finish school and get job skills. Sessions begin quarterly. Informational session on Thursdays 12:45pm-3:30pm. Bus service: 17

p:ear

338 NW 6th Ave. Portland (corner of Flanders)
 (503) 228-6677
www.pearmentor.org

Ages 15-23 for education, GED preparation, and other basic academic skills. Artists and p:ear staff teach creating writing, photography, painting, sculpture, filmmaking, etc. Recreation program takes youth to non-urban, natural settings. Tues., Wed., Thurs., & Sat. 8:30am-2pm and Fridays 5pm-9pm.

Step It Up

2218 Lloyd Center Portland
 (503) 284-1640
www.step-it-up.org

Matches career-aspiring students with work experience, training, and mentoring in their chosen career field. Students are recruited and interviewed from area high schools and selected for a 100-hour summer internship with on-site training and mentoring.

Urban League of Portland

10 N. Russell St. Portland
 (503) 280-2600
www.ulpdx.org

Academic Support for math and literacy, before and after school for 6th to 10th graders, and 60-hour internships for high school students. Mentoring, Youth Council, and Summer Academy.

Outside-in

1132 SW 13th Ave. Portland
 (503) 535-3800
www.outsidein.org

Employment and education services to increase work readiness, obtain and retain employment, obtain a GED, and enter college. Sunday-Friday 1pm-8pm.

Youth Employment Institute

1704 NE 26th Ave. Portland
 (503) 280-1058
www.yei.org

Online library of resources, GED Program, Graffiti Removal paid work experience, Teen Parent life skills and education, Gang Prevention services tailored to young women, and Continuing Education and Job Training.

Youth Employability Support Services

26000 SE Stark St. Gresham
 (503) 491-7641
www.youthemploymentservices.com

Helps youth find work, acquire skills, and finish GED program. Tuesday-Friday 8am-5pm. Bus service: 20

ETAP

The Evening Trades Apprenticeship Preparation Program provides introductory construction training and employment support services to begin construction trades careers for ages 18+ with GED/Diploma. Available to residents of Housing Authority of Portland and Section 8 housing, as well as low-income residents of Multnomah County. Program includes 240 hours of classroom and hands-on training in a 10-week training session.

To learn more, stop by one of these two offices:

PCC Cascade Office TEB 200: Mon.-Fri. 8am-4:30pm

New Columbia Office: Tues. 8am-1pm & Thurs. 1pm-6pm

Colleges & Universities in Oregon

- Art Institute of Portland
www.artinstitutes.edu
- Concordia University-Portland
www.cu-portland.edu
- East-West College of the Healing Arts
www.eastwestcollege.com
- Eastern Oregon University
www.eou.edu
- Eugene Bible College
www.ebc.edu
- George Fox University
www.georgefox.edu
- Lewis & Clark College
www.lclark.edu
- Linfield College
www.linfield.edu
- Marylhurst University
www.marylhurst.edu
- Mt. Hood Community College
www.mhcc.edu
- Multnomah Bible College & Seminary
www.multnomah.edu
- National College for Natural Medicine
www.ncnm.edu
- Northwest Christian College
www.nwcc.edu
- Oregon College of Oriental Medicine
www.ocom.edu
- Oregon Graduate Institute of Science & Technology
www.ogi.edu
- Oregon Health Sciences University
www.ohsu.edu

- Oregon Institute of Technology
www.oit.edu
- Oregon School of Massage
www.oregonschoolofmassage.com
- Oregon State University
www.oregonstate.edu
- Pacific Northwest College of Art
www.pnca.edu
- Pacific University
www.pacificu.edu
- Pioneer Pacific College
www.pioneerpacificcollege.com
- Portland Community College
www.pcc.edu
- Portland State University
www.pdx.edu
- Reed College
www.reed.edu
- Southern Oregon University
www.sou.edu
- University of Oregon
www.uoregon.edu
- University of Phoenix
www.uofphx.info
- University of Portland
www.up.edu
- Warner Pacific College
www.warnerpacific.edu
- Western Oregon University
www.wou.edu
- Western States Chiropractic College
www.wschiro.edu
- Willamette University
www.willamette.edu

Multnomah County Public Library

www.multcolib.org/homework

Homework help online. Article database organized alphabetically by subject.

AmeriCorps (Lower Columbia Center)

55 Main St. Portland

(503) 234-2383

www.northwestserviceacademy.org

11-month positions address environmental needs and promote a culture of civic participation and responsibility.

Online Job Search

www.idealists.org

www.indeed.org

www.portland.craigslist.org

www.teens4hire.org

www.employment.oregon.gov

www.oregonlive.com/jobs

Harry's Mother

738 NE Davis St. Portland

(503) 233-8111

www.janusyouth.org

Family Mediation, Case Management for 9-17 year olds, 24 hour access for runaways, and 12-bed shelter.

Bus 6, 12, 19, 20

Road Warriors (New Avenues for Youth)

1132 SW 13th Ave. & 314 SW 9th Ave. Portland

(503) 224-4339

Late night drop-in for young adults 25 and younger.

Movies, first aid, hygiene supplies, showers, etc.

Sundays 8pm-10pm at Outside In

Wed. & Thurs. 8pm-10pm at New Avenues for Youth

Street Light/Porch Light Youth Shelter

1635 SW Alder St. Portland

(503) 224-5988

Street Light provides short-term housing for 30 homeless youth, ages 13-20 up to 1 year; opens at 8:30am.

Porch Light provides emergency housing for 30 youth, ages 13-20 for immediate needs; opens at 9pm.

Beds are distributed on a first-come-first-serve basis through the Access Center.

Access Center (Janus Youth)

1635 SW Alder St. Portland

(503) 432-3986

24 hour crisis center for homeless youth under 21.

New Avenues for Youth

820 SW Oak St. Portland

(503) 224-4339

www.newavenues.org

Ages 14-21. Alternative school, Westside Health Clinic, Transitional Housing, and Day services.

Monday-Friday 9am-10am & 1pm-7:30pm and Saturday 11am-6pm.

Outside-in

1132 SW 13th Ave. Portland

(503) 535-3800

www.outsidein.org

Day services provide safety off the streets, food, crisis counseling and employment services.

Transitional housing to qualified candidates.

Clinic for health care, prevention, and advocacy.

Sunday-Friday 1pm-8pm.

Sisters of the Road

133 NW 6th Ave. Portland
 (503) 222-5694
www.sistersoftheroad.org

Meals: Monday-Friday 10am-3pm \$1.25/entrée.

Barter Program: do general café work for meals.

Restrooms, Phones, and Mail Services are available.

Personal Hygiene Items: Monday-Friday 10am-1pm.

Big Brothers Big Sisters

1827 NE 44th Ave. Portland
 (503) 249-4859
www.bbbsnorthwest.org

Youth ages 6-15 are matched with a positive adult in a one-to-one friendship.

Portland House of Umoja

4941 NE 17th Ave. Portland
 (503) 282-3296
www.houseofumoja.org

Ages 11-21 at-risk African American males. Promotes positive development, reducing violence, and abusive behaviors. Monday-Friday 8am-6pm. Bus service: 8, 72

Portland International Community School (Ecumenical Ministries of Oregon)

2728 NE 34th Ave. Portland (near Knott)
www.emoregon.org

An alternative high school that provides an effective learning environment for students of diverse cultural experiences. The school serves up to 75 bicultural, bilingual students (ages 14 to 20) who are not succeeding in a mainstream school. Contact Skip Adams at (503) 232-5334 or pics@emoregon.org.

Sexual Minority Youth Resource Center (SMYRC)

2100 SE Belmont St. Portland
 (503) 872-9664
www.smyrc.org

GLBTQI up to age 23.

Counseling, HIV prevention, employment assistance.

English, Spanish, and French spoken.

Bus Service: 14, 15, 70.

NE Coalition of Neighborhoods

4815 NE 7th Ave. Portland
 (503) 823-4575
<http://portland.necoalition.org/>

Youth Gangs Program

Prevention and intervention service addressing the needs of youth, families and their communities who are affected by street gang culture and practice.

Native American Youth and Family Center (NAYA)

5135 NE Columbia Blvd. Portland
 (503) 288-8177
www.nayapdx.org

Individualized Educational Student Advocacy Programs and Prevention/Intervention

Learning Center (homework help and GED preparation Monday-Thursday afternoons)

Summer Institute (8-week program for high school or college credit)

Math and Science Augmentation Program (hands-on, field trip based 3-week summer course)

Cultural Arts Classes and Native Clubs at participating middle and high schools

Recreational Program (sports teams including basketball, volleyball, soccer, and sports clinics)

Girls Incorporated of NW Oregon

1233 SE Stark Portland

(503) 230-0054

www.girlsincnworegon.org

Ages: 8-21

Inspiring all girls to be strong, smart, and bold. Programs include Allies in Action (counters girl-to-girl aggression), GO Onward (for girls transitioning from out-of-home care), Economic Literacy, Friendly PEERsuasion (skills to resist substance use), and Operation SMART (math and science career exploration).

Resolutions NW Mediation Center

1827 NE 44th Ave. Suite 300 Portland

503-595-4890

www.resolutionsnorthwest.org

Youth Program

Conflict Resolution Skills Group

Peer Mediation Training

Life in Motion: Voices through Theatre

To get involved, contact Amber Boydston at amber@resolutionsnorthwest.org or call 503.595.4890 x107.

Salvation Army Moore Street Community Center

5325 N. Williams Ave. Portland

(503) 493-3925

www.salvationarmy.org

Computer Club, Basketball, and other youth services by referral at the White Shield Center in NW Portland.

Idealist.org

www.idealist.org

Search by city, keyword, and youth under volunteer opportunities. Plant trees, help with a blood drive or a farmer's market, canvass, or help at a grocery co-op.

Habitat for Humanity

1478 NE Killingsworth St. Portland

(503) 287-9529

www.habitatportlandmetro.org

Ages 16+ with parent permission

Help build homes for Portland families, and assist with special events or in the ReStore.

Email sarah@habitatportlandmetro.org.

Oregon Humane Society

1067 NE Columbia Blvd. Portland

(503) 285-7722

www.oregonhumane.org

Ages 12-15 Tuesdays-Fridays 10am-12pm only

Ages 16+ schedule 12 hours of volunteering per month

Walking, feeding, socializing, bathing, grooming, and training animals.

The ReBuilding Center

3625 N. Mississippi Ave. Portland

(503) 331-1877

www.rebuildingcenter.org

Ages 14+ with parent permission

Unload vehicles, carry donated materials into the warehouse, de-nail lumber, sort materials, paint, or complete office tasks in a 53,000 sq. ft. warehouse.

Email volunteer@ourunitedvillages.org or stop in.

Monday-Saturday 9am-6pm & Sundays 10am-5pm.

Hands on Greater Portland

1621 NW 21st Ave. Portland

(503) 200-3355

www.handsonportland.org

Ages 14+ with parent permission

Connect to meaningful, rewarding volunteer opportunities in Portland. Get muddy in a community garden, create cards for local seniors, or stock the pantry at your local food bank.

Multnomah County 24-hr Crisis Line

Urgent Mental Health Concerns

(503)-988-4888

Disability Rights Oregon

Disability-Related Issues

(503) 243-2081 or 1-800-452-1694

Oregon Safenet Statewide Helpline

Mental, physical, and reproductive health

1-800-723-3638 (English & Spanish)

Rape Victims Assistance

(503) 988-3222

Sexual Assault Resource Center

(503) 640-5311 for ages 12+

Suicide Prevention National Lifeline

1-800-273-8255 if you are suicidal or worried about someone who might be.

Youth Lifeline

1-877-553-TEEN 4pm-10pm peer-to-peer crisis line for drugs, relationships, mental health, etc.

Women's Crisis Line

(503) 235-5333 or 1-888-235-5333

The Trevor Project 24-hr helpline

Suicide/crisis prevention for gay & questioning youth 1-866-4-U-Trevor or 1-866-488-7386



This Community Resource Book was prepared by Our United Villages' Community Outreach for informational purposes only and does not guarantee that these services will be provided. All information is subject to change. Compiled in September, 2008.

If you know of an organization or community resource to add to this Community Resource Book, please email info@ourunitedvillages.org.

**Our United Villages
3625 N. Mississippi Ave.
Portland, OR 97227
www.ourunitedvillages.org**