

A local resource directory for families and caregivers of seriously ill children in Oregon and SW Washington

Visit joyrx.org/fsp for a PDF of this Directory



About Children's Cancer Association

We prescribe joy.

The Children's Cancer Association knows that for seriously ill children and their families every moment is precious. That is why our programs leverage music, nature, friendship, and resources to create transformative moments of joy for over 30,000 children, teens, and their family members each year.

CCA didn't start with a foundation, it started with a family. One who faced its own battle with serious pediatric illness in Portland, Oregon. From that experience came a passionate focus on the moment, and a commitment to deliver immediate help to kids when their need is the greatest.

Children's Cancer Association Programs & Resources

CCA's innovative, free-of-charge programs of JoyRx leverage music, nature, friendship, and resources to create transformative moments of joy for seriously ill children and their families.

MyMusicRx®

MyMusicRx delivers the healing power of music to kids facing cancer and other serious illnesses. Our bedside and digital website MyMusicRx.org engage hospitalized children of all ages and diagnoses, relieving stress, anxiety, and perception of pain.

MyMusicRx Digital is available nationwide at MyMusicRx.org, where kids can select from exclusive videos, games, and music lessons based on how they want to feel. As members save their favorite videos, MyMusicRx.org gets smarter and makes personalized song and activity recommendations to help them feel better, faster.

Chemo Pal®

CCA's award-winning Chemo Pal mentors play games, listen to music, share hobbies, or simply offer the comfort of companionship, relieving the anxiety, loneliness, and isolation experienced by children in treatment.

The Alexandra Ellis Caring Cabin™

Nestled in 24 acres of surrounding woods with plentiful wildlife and a serene lake, the Alexandra Ellis Caring Cabin provides children in treatment, and their extended families, with an essential health connection to nature and healing.

NatureRx

CCA's newest pilot program offers specialized outdoor adventures for teens and young adults. NatureRx outings are staffed by CCA program leaders, medical professionals, and expert outdoor instructors. Each Portland-area outing includes food, gear, and access to all required equipment.

Link

CCA's Link program takes the profound emotional and financial hardships of serious pediatric illness head on, engaging a network of caring people and organizations to provide families with essential needs assistance and support. Some other examples of support Link provides:

Joy for the Holidays: CCA's annual holiday family support program that delivers compassion and joy to families with a seriously ill child who are experiencing severe financial difficulty.

House Cleaning Project: Helps to relieve stress and bring piece of mind through the simple act of providing a clean house and tidy yard. Groups can provide interior or exterior maintenance through tasks like pulling weeds, washing the car, painting, sweeping, vacuuming, and dusting.

Packs of Joy: Eases the financial burden and pressure of purchasing school supplies by engaging our community partners to provide new backpacks filled with school supplies and other necessities for elementary, middle, and high school aged kids and teens receiving treatment at local hospitals.

For more information, visit JoyRx.org/Programs.

About CCA's Local Family Support Pages

CCA's Local Family Support Pages are provided to pediatric hospitals and clinics in Oregon and SW Washington. A hardcopy can also be mailed to any family or caregiver free of charge upon request. Visit JoyRx.org/Resources to view this resource online or request a copy. This guide's companion, Kids' Cancer Pages, can be found at JoyRx.org/KCP.

We look to our friends and community to help us keep the Family Support Pages a vital and up-to-date directory of local resources in Oregon and SW Washington. Please contact us to recommend new organizations you think would be valuable resources or to suggest edits to the next edition by emailing us at Office@JoyRx.org. Visit JoyRx.org/resources for the most up-to-date version of this resource.



We believe kids deserve long, wonderful lives. Or, at the very least, short, wonderful lives. We believe cancer sucks. We've had it, or loved someone who did. We prescribe moments of joy for kids who are in the fight against all serious illness. We believe joy grows exponentially when it's used collectively. We are music medicine pioneers. We believe in purple. We know joy comes in all colors, shapes, and sizes — just like the kids we help. We love to laugh. We are not afraid to cry. We spend every dollar wisely. We give hugs freely. We believe in today. We respect our history as a grassroots organization. We embrace our destiny as a global source of JoyRx. We believe these things matter.

CCA is proud to be recognized by GuideStar, the nation's premier non-profit database, as a Platinum level charity for our strong commitment to fiscal health and transparency. Less than 0.5% of participating non-profits worldwide have achieved this special distinction.

Donor contributions are the lifeblood of our organization; CCA receives no federal or state funding. That is why we understand the importance of being good stewards of your financial support. For each dollar donated, 76 cents go directly into our programs. You can help us deliver the healing power of joy to even more families by contributing today at JoyRx.org/Donate.

LEGAL DISCLAIMER

This directory is provided for informational purposes only. The Children's Cancer Association (including its board, employees, supporters, sponsors, foundation partners, or affiliates) does not recommend, endorse, or support any resource listed in this directory or the materials, information, advice, or recommendations they may provide to the public. The resources listed in this directory and the recommendations or materials presented by the respective organizations should not be regarded as a substitute for professional medical and/or legal advice; it should not be relied upon for any reason. Anyone reading this directory who is seeking medical advice or expert interpretation is urged to consult with a physician, medical professional, attorney, or other professional who is well versed in the matter of concern. It is the reader's sole responsibility to discern and evaluate quality, value, validity, expertise, and/or the appropriateness of the information provided in this directory or by any organization listed in the directory.

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ACCURACY

When this directory was published, all resources were derived from the most current and authoritative publicly available national sources known to the author. If we inadvertently missed an organization or resource and/or an organization has changed contact information, please email Office@JoyRx.org.

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How to Use This Resource Guide



Resources marked by this symbol indicate that some, or all, of the information provided by the organization can be accessed in Spanish. Los recursos marcados con este símbolo indican que parte o toda la información proporcionada por la organización se puede acceder en español.



Camps

These organizations provide access to camps or vacations that can relieve some of the stress related to having a serious illness. It is recommended that you speak specifically with your child's medical team when considering a camp. Camps and retreats vary in the services they offer, activities, length of stay, medical assistance, and location. Most camps listed here are free-of-charge.

Camp Agape

32149 SE Stevens Road Corbett, OR 97019 Phone: 971-506-7562 Web: campagapepdx.com

Offers a summer camp experience to cancer-afflicted children and their families. Activities available to campers include arts, crafts, campfires, swimming, archery, and more. Medical staff available 24 hours a day for the duration of the five-day camp.

Camp Agape NW

205 Raft Island Drive East Camp Road NW Gig Harbor, WA 98335 Phone: 253-265-6161 Web: campagapenw.org

Provides a free, weeklong overnight camp for the whole family of a child with cancer. Activities like fishing and boating, games, arts and crafts, and access to a private saltwater beach are available throughout the week. Camp Agape hosts families whose child receives treatment in Washington state, whether the family resides in Washington or not.

Camp Erin

24751 SE Highway 224 Boring, OR 97009 Phone: 503-215-5879

Web: providence.org/camperin

Weekend-long overnight camp designed for children and teens ages 6-17 who are grieving the death of someone close to them. Campers participate in traditional, fun camp activities combined with grief education and emotional support led by grief professionals and trained volunteers. Offered free to all families.

Camp Goodtimes West

7400 Sand Point Way NE, #101S Seattle, WA 98115 Phone: 503-215-5879

Web: thegoodtimesproject.org

Offers free weeklong camps for pediatric cancer patients and siblings (including bereaved siblings). Campers must be from Washington or Alaska, ages 7-17. Kayak Adventure Camp available for childhood cancer survivors aged 18-25.

Camp Millennium

287 Diamond Lake Boulevard Roseburg, OR 97470 Phone: 541-677-0600 Web: campmillennium.org

Summer camp dedicated to providing cancer-afflicted children with a traditional camp experience. The camp includes swimming, horseback riding, arts, crafts, hiking, campfires, and many other activities. Campers must be from Oregon and 5-16 years of age. Offered free to all campers.

Camp UKANDU

0330 SW Curry Street Portland, OR 97239 Phone: 503-276-2178 Web: campukandu.org

Programs are designed for cancer patients and their siblings between the ages of 8-18. Campers enjoy arts, crafts, weaving, boating, fishing, swimming, field games, beach play, and archery — all under the care of specially trained adult staff and 24-hour medical specialists. Offered free to all campers.

Candlelighters Family Camp

6600 SW 92nd Avenue, Suite 160 Portland, OR 97223 Phone: 503-719-4244 Web: 4kidswithcancer.org

Family camp offered to children diagnosed with cancer and their immediate families. The three-day camp gives families the opportunity to participate in activities such as horseback riding, zip lining, swimming, go karts and bumper boats, campfires, and more. Offered free to all families.

Gales Creek Camp Foundation for Children with Diabetes

59425 NW Cedarbrook Lane Gales Creek, OR 97117 Phone: 503-968-2267 Web: galescreekcamp.org

Provides camp experiences for children, youth, and families directly affected by type I diabetes. Campers learn that they can live active, satisfying lives while managing their diabetes. Scholarships available.

Oregon Active

14545 SW Moet Court Tigard, OR 97224 Web: oregonactive.com

Provides Adventure Therapy to those in the community affected by lifechallenging conditions. Teaches kids to discover their passions through a sense of adventure, in order to enhance personal development, develop life skills, and create lasting memories.

Project Koru

216 Cascade Avenue, Suite 222 Hood River, OR 97031 Phone: 415-617-5678 Web: projectkoru.org

Free adventure-based experiences such as surfing, outrigger canoeing, standup paddling, skiing, and snowboarding serve as channels of healing and renewal to treat the mind, body, and soul. Programs aim to help young adult cancer survivors ages 18-39 thrive in all aspects of life. Camp locations include Mt. Hood, Oregon and Maui, Hawaii.

Sunrise Daisy

10560 Main Street Portland, OR 97222 Web: sunrisedaisy.org

Hosts retreats that support the emotional, physical, and mental well-being of cancer survivors as they reconnect back to their lives post-cancer. The retreat provides a healing environment for survivors to have the space to process their trauma, increase positive future outcomes, and reduce secondary conditions.

Child Care

The following organizations may offer child care assistance to parents and other caregivers.

Arc Jackson County Kid's Club - Rogue Valley YMCA

522 W 6th Street Medford, OR 97501 Phone: 503-228-5108; 541-842-2199

Web: easterseals.com/oregon/

our-programs

Provides relief for family members and primary caregivers of children with special needs. Children ages 5-17 enjoy arts, crafts, games, sports, and other recreational activities while family members have a break. Offered every second and fourth Saturday in Medford.

Boys & Girls Clubs of Portland Metropolitan Area

Multiple locations throughout Oregon and SW Washington Phone: 503-232-0077 Web: bgcportland.org

Wide variety of after-school and summer programs for youth ages 6-18 including arts and crafts, games, team sports, homework help, leadership development, and more. Payment plans and scholarships available for membership dues.

Community Action

1001 SW Baseline Street Hillsboro, OR 97123 Phone: 503-648-6646 Web: caowash.org

Provides free child care resources and referrals, emergency rent assistance, housing and homeless services, and more to residents of Washington County.

Department of Human Services Services

Multiple locations throughout Oregon

500 Summer Street NE, E62

Salem, OR 97310 Phone: 503-945-5600

Web: oregon.gov/dhs/assistance/

child-care

Employment Related Day Care Program (ERDC) helps eligible low-income families pay for child care while they are working. ERDC also works with providers and other child care partners across the state to help families find and keep good child care. Find out if you are eligible and how to apply for child care assistance online.

Family Building Blocks

2425 Lancaster Drive NE Salem, OR 97305 Phone: 503-798-4744

Web: familybuildingblocks.org

Offers a self-care service for parents who need to attend a scheduled appointment, meeting, or simply need a break. Guardians can place their children in scheduled care for several hours each month. Available at Chelsea's Place (Marion County) and the Dallas Academy (Polk County).

Family Relief Nursery

3910 SE Stark Street Portland, OR 97214 Phone: 503-236-8492

Web: voaor.org/family-relief-nursery

Program for families with children ages six weeks to five years old who have experienced trauma. Offers a holistic, positive intervention for both children and parents. Services include parenting education and therapeutic, trauma-informed child care. All services are provided at no charge to families. Available to greater Portland and Vancouver, Washington area residents.

Self Enhancement, Inc.

3920 N Kerby Avenue Portland, OR 97227 Phone: 503-249-1721 Web: selfenhancement.org

Provides academic support and comprehensive wrap-around services primarily for African-American students and their families. Offers their students after-school programs with homework tutorials, enrichment classes, performing arts, computer instruction, and recreation Monday through Saturday. Also offers a six-week summer program that engages hundreds of students in classes, music, athletics, field trips, performing arts, and internships.

Clothing Assistance & Essential Needs

The organizations in this section provide clothing and other household items to local families for free or at low-cost.

Clackamas Service Center

8800 SE 80th Avenue Portland, OR 97206 Phone: 503-771-7914 Web: cscoregon.org

Offers clothing to those who need it. Other services include free haircuts. showers, food assistance, and medical and dental care. Clothing, snacks, and hygiene items available multiple days and hours per week. Call or check website for daily hours.

Family Building Blocks

2425 Lancaster Drive NE Salem. OR 97305 Phone: 503-798-4744

Web: familybuildingblocks.org

Quality and gently used children's clothing is available to families through their Clothes Closet.

The Giving Closet

2804 B NE 65th Avenue Vancouver, WA 98661 Phone: 360-993-4800 Web: givingcloset.org

Offers clothing, shoes, household goods, bedding, linens, toys, books, household start over kits, and nonperishable food items at no charge. Also provides a warm meal, emergency food, and personal grooming supplies to those in need. Must have ID for parent and social security numbers for entire household.

Helping Hands Resources

1755 13th Street SE Salem, OR 97302 Phone: 503-364-9936

Web: helpinghands-salem.org

Gathers donated clothing, bedding, and household items and provides them to anyone in need at no charge. Clients are welcome to come into the client services center at any time during open hours and shop for one half hour.

Mainspring

3500 NE 82nd Avenue Portland, OR 97220 Phone: 503-233-5333 Web: mainspringpdx.org

Community food, clothing, and resource pantry. The clothing closet is open Monday-Wednesday from 10:00am-1:00pm; those interested can visit once per month.

Maslow Project

209 West Main Street Medford, OR 97501 Phone: 541-608-6868 Web: maslowproject.com

Provides goal-oriented, wrap-around support services to homeless children, ages 0-21, and their families throughout Southern Oregon, with a goal of bringing enough stability into their lives so that kids are able to stay in school and complete their education. Offers a variety of basic needs to clients, including: hot meals, food boxes, clothing, hygiene supplies, diapers, and school supplies.

Native American Youth Association

5135 NE Columbia Boulevard Portland, OR 97218 Phone: 503-288-8177 Web: nayapdx.org

Provides culturally-specific programs and services that guide Native American families in the direction of personal success and balance through cultural empowerment. Clothing closet is accessible to the public on Tuesdays and Thursdays from 2:30pm-5:30pm.

Portland Adventist Community Services (PACS)

11020 NE Halsey Street Portland, OR 97220 Phone: 503-252-8500 Web: pacsonline.org

Thrift store provides clothing and household items at low cost. Other services include emergency food pantry and health clinic.

Rose Haven

627 NW 18th Avenue Portland, OR 97209 Phone: 503-248-6364 Web: rosehaven.org

Day shelter and community center serving women, children, and gender non-conforming individuals experiencing trauma, poverty, and physical and mental health challenges. Provides meals, clothing, first aid, mailing addresses, hygiene, restrooms, and showers, as well as educational programs and guidance through medical and social services.

Salvation Army—Portland Tabernacle Corps

1712 NE Sandy Boulevard Portland, OR 97232 Phone: 503-239-1224 Web: portlandtabernacle. salvationarmy.org

Provides low-income seniors, families, and individuals with emergency aid, clothing for job interviews, toys, and food boxes.

Snow Cap

17805 SE Stark Street Portland, OR 97233 Phone: 503-674-8785 Web: snowcap.org

Offers a closet of donated clothes for the whole family. Blankets are sometimes available in the winter. Other services include a food pantry, garden plots, utility assistance, and bus tickets for medical appointments in certain areas of Portland, Boring, and Damascus.

The Sunshine Division

687 North Thompson Street Portland, OR 97227 Phone: 503-823-2102 Web: sunshinedivision.org

Funds new school clothes for children through a program which pairs a Portland police officer with a child for a one-on-one shopping experience. Offers new and gently-used clothing in their on-site clothing room as well. Available to Portland residents.

Transition Projects, Inc.

665 NW Hoyt Street Portland, OR 97209 Phone: 503-280-4700 Web: tprojects.org

Day center open seven days a week to connect people to a wide range of resources, including clothing, haircuts, laundry, and more. Other programs include rent and ID assistance for Multnomah County area residents. See website for service center locations across Portland.

William Temple House

2023 NW Hoyt Street Portland, OR 97209 Phone: 503-226-3021 Web: williamtemple.org

Provides clothes to children whose families are not able to afford adequate school clothing. Each child and their siblings are provided a school wardrobe of three to five outfits including shirts, pants, underwear, socks, outerwear, and coats. Vouchers to a local shoe store are also available. Other services include a food pantry, emergency dental van, and vision care.

Counseling/Support Services

Local resources and organizations that offer professional and peer support for families impacted by serious illness or other hardship.

Immediate Counseling Support

National Crisis Hotline 3

Phone: 800-273-8255 Español: 877-784-2432

Hearing Impaired: 800-799-4889

Provides free 24/7 over-the-phone emotional support for anyone needing extra support for any reason.

National Parent Helpline 🖼

Phone: 855-427-2736 Web: national parenthelpline.org

This organization provides free 24/7 emotional support for parents via a helpline as well as online resources for talking to teens and children about difficult subjects, physical and mental health, as well as parenting and co-parenting tips.

Support, Information, and Counseling

American Cancer Society— Oregon 🚯

0330 SW Curry Street Portland, OR 97239 Phone: 503-295-6424

Web: cancer.org/about-us/local/

oregon.html

Provides services for cancer patients including transportation, hotel quest room for out-patient treatment, medical equipment, and information. Additional Oregon offices are located in Eugene and Medford. Support groups for patients and families can be found across Oregon and Washington.

American Red Cross 🚯

3131 N. Vancouver Avenue Portland, OR 97227 Phone: 503-528-5947 Web: redcross.org/cascades

Provides shelter for families who must leave their home due to a disaster or emergency.

Bridges Pediatric Palliative Care Program 🕏

3181 SW Sam Jackson Park Road Portland, OR 97239

Phone: 503-494-6201

Web: ohsu.edu/xd/health/services/ doernbecher/programs-services/ cancer/services/bridges-program.cfm

Provides physical, psychological, social, and spiritual care for children with potentially life-limiting conditions and their families.

Candlelighters for Children with Cancer

6600 SW 92nd Avenue, Suite 160 Portland, OR 97223 Phone: 503-719-4244

Web: candlelightersoregon.org/ index.php/programs/family-activity

Provides support, education, and advocacy for families affected by childhood cancer. Available to Oregon and SW Washington residents, they offer various support services including family activities, educational materials, financial assistance, bereavement support, and a summer family camp for children who have been affected by cancer and their immediate families. Events and other support available across Oregon and Southwest Washington.

Catholic Charities

2740 SE Powell Boulevard Portland, OR 97202 Phone: 503-231-4866

Web: catholiccharitiesoregon.org

Offers information and referral services, short-term intervention, housing assistance, employment information, parent classes, youth groups, and mental health counseling; also provides immigration legal services.

Doernbecher Cancer Survivorship Clinic

700 SW Campus Drive Portland, OR 97239 Phone: 503-494-0200

Web: ohsu.edu/xd/health/services/ doernbecher/programs-services/ cancer/services/survivor-program

Provides comprehensive care and support to kids, teens, and adult survivors of childhood cancer who have been off treatment and cancer free for at least two years.

Friendly House

1737 NW 26th Avenue Portland, OR 97210 Phone: 503-228-4391 Web: friendlyhouseinc.org

Builds community by connecting people of all ages and backgrounds through educational, recreational, and other life-sustaining services. Services provided include after-school programs with a sliding scale, scholarships, fitness and gym facilities, community nights, and more

Healthy Families Oregon

Available from different service providers across Oregon Phone: 503-378-6768 Web: oregonearlylearning.com/ healthy-families-oregon

Offers a free family support and parent education home visiting program. Focuses on strengthening the parentchild relationship to assure healthy child growth and development. Families receive information on topics like child development, infant care, and learn what is going on in their communities to support new families.

Kaiser Permanente Cancer Counseling Center (5)

3600 N Interstate Avenue Portland, OR 97227 Phone: 503-331-6550 Web: kpnwcancercare.org

Available to those with cancer as well as their friends and family. Provides information and support about the mind-body connection; how to manage stress and anxiety; and how diet, activity, and humor help to promote better health and well-being. Weekly sessions offered.

Kinship House

1823 NE 8th Avenue Portland, OR 97212 Phone: 503-460-2796 Web: kinshiphouse.org

Serves children touched by foster care and adoption through outpatient child and family services that combine ongoing consultation, therapy, and education. Helps to treat each child's mental health and helps families develop secure attachments.

Legacy Good Samaritan **Medical Center**

1015 NW 22nd Avenue Portland, OR 97210 Phone: 503-413-7711

Web: legacyhealth.org/cancerclasses

Provides a range of cancer support groups and classes to help patients and their families through the diagnosis, treatment, and recovery of cancer. Also provides ongoing education, activities, and emotional support for individuals whose lives are touched by cancer.

The Leukemia & Lymphoma Society— Oregon and SW Washington Chapter 🙉

9320 SW Barbur Boulevard, Suite 140 Portland, OR 97219 Phone: 503-245-9866

Web: lls.org

Offers information, resources, and support to those affected by blood cancers. Services include information specialists that provide personalized disease and treatment information, an online patient community, support groups, and a peerto-peer program that matches newly diagnosed patients with volunteers who have had a similar diagnosis.

OHSU Oncology Wellness and Therapy Program

3181 SW Sam Jackson Park Road Portland, OR 97201 Phone: 503-494-7999 Web: ohsu.edu/xd/health/services/ cancer/patients/resources/ support-groups.cfm

Provides counseling to OHSU patients and their families. Advocacy and assistance available to families dealing with a cancer diagnosis.

OHSU Oregon Familyto-Family Health Information Center

707 SW Gaines Street Portland, OR 97239

Phone: 855-323-6744 (English) 503-931-8930 (Español) Website: www.ohsu.edu/

oregon-family-to-family-health-

information-center

Supports families and caregivers of children with special health needs to navigate the complex health care systems through free one-to-one support, training, and printed materials.

Oregon Cancer Foundation

P.O. Box 11004 Eugene, OR 97440 Phone: 541-632-3654

Web: oregoncancerfoundation.org

Empowers, strengthens, and sustains those impacted by cancer in the community through education, support, and financial assistance.

Randall Children's Hospital KITE Clinic

2801 N. Gantenbein Avenue Portland, OR 97227 Phone: 503-276-9300

Web: legacyhealth.org/kidsonc

Offers patients and their families a personalized plan and ongoing services to help manage long-term or chronic conditions related to cancer following the end of treatment. Services provided address physical health, mental and emotional health, and struggles with school or work.

Rose Haven

627 NW 18th Avenue Portland, OR 97209 Phone: 503-248-6364 Web: rosehaven.org

Day shelter and community center serving women, children, and gender non-conforming individuals experiencing trauma, poverty, and physical and mental health challenges. Provides meals, clothing, first aid, mailing addresses, hygiene, restrooms, and showers, as well as educational programs and guidance through medical and social services.

Trillium Family Services

3415 SE Powell Boulevard Portland, OR 97202 Phone: 503-205-3544 Web: trilliumfamily.org

Builds brighter futures for children and families through a multitude of programs. Offers information about mental health, prevention, outpatient programs, residential services, and more.

William Temple House

2023 NW Hoyt Street Portland, OR 97209 Phone: 503-226-3021 Web: williamtemple.org

Provides counseling services on a sliding scale fee and will never turn anyone away based on inability to pay. Offers individual and family counseling sessions as well as a free grief support group.

Disability Resources

The following organizations provide support, information, and/or services to families who have a child with a disability. Your child may qualify for help from these organizations if he or she has disabling effects associated with cancer or other serious illness.

Disability Rights Oregon 3

511 SW 10th Avenue, Suite 200 Portland, OR 97205 Phone: 503-243-2081 Web: disabilityrightsoregon.org

Provides legal advocacy services for people with disabilities anywhere in

Oregon.

1905 Lana Avenue NE Salem, OR 97314 Phone: 503-945-5000 Web: oregon.gov/odot/dmv/pages/ driverid/disparking.aspx

Several types of parking permits available to individuals in Oregon that have a permanent or temporary disability that impairs their ability to walk.

Independent Living Resources

1839 NE Couch Street Portland, OR 97232 Phone: 503-232-7411

Web: ilr.org

Provides advocacy, information, peer support, counseling, and skill training for individuals with disabilities in the Portland metro area.

National Federation of the Blind of Oregon

535 SE 12th Avenue Portland, OR 97214 Phone: 541-653-9153 Web: nfb-oregon.org

Provides education and advocacy for the visually impaired. Provides support, information, and resources regarding a wide range of professions, recreational activities, special interests, legislative issues, fundraising projects, and other areas related to blindness

Ride Connection

3030 SW Moody Avenue, Suite 230 Portland, OR 97201 Phone: 503-226-0700 Web: rideconnection.org

Helps link individuals in need with public transportation in Clark, Multnomah, and Washington counties.

Store to Door

7730 SW 31st Avenue Portland, OR 97219 Phone: 503-200-3333

Web: storetodooroforegon.org

Supports independent living for Portland area seniors and people with disabilities by providing an affordable, personal, volunteer-based grocery shopping and delivery service.

Wheel to Walk Foundation

P.O. Box 20146 Portland, OR 97294 Phone: 503-257-1401 Web: wheeltowalk.com

Helps children with disabilities obtain medical equipment or services not provided by insurance. Collects equipment such as therapy tricycles, adaptive strollers, shower chairs, pumper cars, and zip zac chairs. Also provides selective communication devices, gait trainers, speech therapy, and wheelchairs. Serves families in Oregon, Washington, Idaho, and California.

Financial Assistance

These organizations and resources offer financial or general aid assistance to families in crisis. Families experiencing serious illness should also discuss any concerns regarding health care costs with their physician, medical social worker, or the business office at their hospital or clinic. Depending on circumstances, hospitals may be able to reduce bills or set up payment plans.

Candlelighters for Children Ethan Jostad Foundation with Cancer

6600 SW 92nd Avenue, Suite 160 Portland, OR 97223 Phone: 503-719-4244 Web: candlelightersoregon.org

Provides support, education, and advocacy for families affected by childhood cancer. Available to Oregon and SW Washington residents, they offer various support services including family activities, educational materials, financial assistance, bereavement support, and a summer family camp for children who have been affected by cancer and their immediate families. Events and other support available across Oregon and Southwest Washington.

Children's Cancer Association 🚯

1200 NW Naito Parkway, Suite 140 Portland, OR 97209 Phone: 503-244-3141 Web: JoyRx.org

The Link program takes the profound emotional and financial hardships of serious pediatric illness head on, engaging a network of caring people and organizations to provide families with essential needs assistance and support. Also fulfills special requests and wishes.

Darian's Gift

4742 Liberty Road South #301 Salem, OR 97302 Web: dariansgift.org

Supports Salem-area families in treatment for pediatric cancer through information, resources, financial assistance, physical acts of service, and emotional support.

P.O. Box 1070 Eagle Point, OR 97524 Phone: 541-414-3320

Web: ethanjostadfoundation. org

Provides emotional and financial support to children and families affected by childhood cancer, as well as toys and care packages to children in treatment. For financial assistance, visit their website to fill out an application.

Financial Beginnings

1326 SW 12th Avenue, Suite 300 Portland, OR 97201 Phone: 800-406-1876, ext. 102 Web: financialbeginnings.org

Teaches individuals how to play an active role in their financial wellbeing, aiming to increase available life opportunities such as home ownership, higher education, and secure retirement. Programs are always provided at no cost to partner or participant, and are available for youth, young adults, and adults.

The Leukemia & Lymphoma Society— Oregon and SW Washington Chapter 🙉

9320 SW Barbur Boulevard, Suite 140 Portland, OR 97219 Phone: 503-245-9866

Web: lls.org

Offers financial support toward the cost of insurance co-payments and/ or insurance premium costs for prescription drugs to those affected by blood cancers. Other services include information specialists that provide personalized disease and treatment information, an online patient community, support groups, and a peer-to-peer program.

The Nick Wilson Charitable Group

P.O. Box 80852 Portland, OR 97280 Phone: 503-890-7220 Web: nickwilsoncq.org

Provides financial support to families with children undergoing cancer treatment and blood and bone marrow transplantation at Doernbecher Children's Hospital. Provides support for mortgage, rent, hotel costs, car payments, utility bills, and insurance premiums.

Northwest Sarcoma Foundation

P.O. Box 91460 Portland, OR 97291 Phone: 503-781-0921 Web: nwsarcoma.org

Offers support and education for those who are living with sarcoma and other rare bone tumor diseases and provides a basic or general overview of sarcoma diseases, and then points you to more comprehensive resources. Awards grants for financial assistance. Resources and leading expert information from around the world also provided.

Oregon Cancer Foundation

P.O. Box 11004 Eugene, OR 97440 Phone: 541-632-3654

Web: oregoncancerfoundation.org

Empowers, strengthens, and sustains those impacted by cancer in the community through education, support, and financial assistance.

Oregon State Elks Association

6950 SW Hampton St, Suite 232 Portland, OR 97223 Phone: 503-716-8668

Web: elks.org

May provide help to children with chronic illnesses or disabilities. The Elks Children's Eye Clinic at OHSU helps provide eye care for babies and children. For more information, or to find the lodge nearest you, visit their website.

Salvation Army—Portland Tabernacle Corps

1712 NE Sandy Boulevard Portland, Oregon 97232 Phone: 503-239-1224 Web: portlandtabernacle. salvationarmy.org

Provides low-income seniors, families, and individuals with emergency aid, clothing for job interviews, toys, and food boxes.

Small Miracles Foundation

P.O. Box 223 Azalea, OR 974l0 Phone: 541-837-3770

Web: smallmiraclesfoundation.org

Provides resources and financial aid to assist families of children with cancer with their daily needs. Families can apply online for funds that can be used for medical bills, medical-related expenses, and family care expenses.

Phone: 800-772-1213 TTY: 800-325-0778 Web: ssa.gov

Provides financial support to people who are fighting cancer through their disability program. Call or visit website to apply for benefits. Information on Medicare is available by calling your local office for details and availability. Available in multiple languages.

Sparrow Clubs

906 NE Greenwood Avenue, Suite 2 Bend, OR 97701 Phone: 541-312-8630 Web: sparrowclubs.org

Sponsors fund Sparrow Clubs at local schools and each club is paired with a child in substantial medical need. Students then volunteer and fundraise in their community to earn funds to meet the urgent needs of children and their families. The funds can be used for medical costs or family maintenance.

St. Vincent de Paul Social Services, Portland Council

8101 SE Cornwell Street Portland, OR 97206 Phone: 503-235-7837

Emergency Line: 503-235-8431

Web: svdppdx.org

Provides financial assistance for rent, utilities, food, cold weather clothing, and local transportation to those in the Portland metro area and Southwest Washington areas. Additional service centers available in Lane County, Grants Pass, Salem, and Vancouver, Washington.

Transition Projects, Inc.

665 NW Hoyt Street Portland, OR 97209 Phone: 503-280-4700 Web: tprojects.org

Provides individuals with the services, resources, and tools they need to end their homelessness, secure housing, and maintain that housing. Services include food boxes, clothing, hygiene products, rent assistance, and ID assistance for Multnomah County area residents. See website for service center locations across Portland.

Washington State Elks Association

PO Box 110760 Tacoma, WA 98411 Phone: 253-472-6223 Web: waelks.org

May provide help to children with chronic illnesses or disabilities. The Washington Elks Therapy Program for Children has provided home-based occupational or physical therapy to children with developmental delays or physical disabilities. Services are provided at no cost to the family served. For more information, or to find the lodge nearest you, visit their website.

Wheel to Walk Foundation

P.O. Box 20146 Portland, OR 97294 Phone: 503-257-1401 Web: wheeltowalk.com

Helps children with disabilities obtain medical equipment or services not provided by insurance. Collects equipment such as therapy tricycles, adaptive strollers, shower chairs, pumper cars, and zip zac chairs. Also provides selective communication devices, gait trainers, speech therapy, and wheelchairs. Serves families in Oregon, Washington, Idaho, and California.

Food Assistance

The organizations in this section provide meals, emergency food boxes, and other food support to local families for free or at low-cost.

Clackamas Service Center

8800 SE 80th Avenue Portland, OR 97206 Phone: 503-771-7914 Web: cscoregon.org

Offers families and individuals meals, emergency food boxes when available, and other resources for improved safety, health, and stability on their path toward self-sufficiency. Dinner service available. Check website or call for current schedule.

Crossroads Cupboard Food Bank

2505 NE 102nd Ave Portland, OR 97220 Phone: 503-257-9193 Web: crossroadsportland.com/ crossroads-food-bank

Provides shopping-style food pantry that any individual in need can access once per month. Open Thursdays and Fridays from 9:00am-12:00pm.

Department of Human Services Services

500 Summer Street NE E-15 Salem, OR 97301 Phone: 503-731-4777 Web: oregon.gov/dhs/assistance/ food-benefits

Supplemental Nutrition Assistance Program (SNAP) offers food benefits to eligible low-income individuals and families. Apply online for service. Find out online if you are eligible and how to apply for food benefits.

The Giving Plate

1245 SE 3rd Street, C7 Bend, Oregon 97702 Phone: 541-797-6883 Web: thegivingplate.org

Serves the Bend, La Pine, Sunriver, Tumalo, and Sisters communities through a monthly food box program, a grab and go pantry, and a "Kids Korner," where kids are empowered to shop for child-friendly foods on their own.

Gleaners of Clackamas County, Inc.

13821 Fir Street Oregon City, OR 97045 Phone: 503-655-8740

Web: gleanersofclackamascounty.org

Offers nutritional food assistance to low-income, elderly, and disabled residents of Clackamas County.

Food for Families

3505 SE 182nd Avenue Gresham, OR 97020 Phone: 971-220-6679 Web: food4families.net

Provides a mobile food pantry/ mobile market to the members of the community. The mobile food pantry can be found about once per month at Centennial High School at address listed. See website for schedule of service.

FoodPantries.org

Web: foodpantries.org/st/oregon

Online directory of food banks, soup kitchens, and non-profit organizations committed to fighting hunger. Website is organized by state and city for easy navigation. This is a good place to start your search for food support.

Mainspring

3500 NE 82nd Avenue Portland, OR 97220 Phone: 503-233-5333 Web: mainspringpdx.org

Community food, clothing, and resources pantry. The food pantry is open Monday-Wednesday; those interested can visit once per month.

Marion-Polk Food Share

1660 Salem Industrial Drive NE Salem, OR 97301 Phone: 503-581-3855

Web: marionpolkfoodshare.org/get-help

Offers emergency food boxes and cooked meals throughout Marion and Polk counties via their network of partner programs and sites. Their website includes a directory of pantry and food support resources in The Dalles, Woodburn, Salem, and other local cities. You do not have to verify income or provide ID to receive food.

Maslow Project

209 West Main Street Medford, OR 97501 Phone: 541-608-6868 Web: maslowproject.com

Provides goal-oriented, wrap-around support services to homeless children, ages 0-21, and their families throughout Southern Oregon, with a goal of bringing enough stability into their lives so that kids are able to stay in school and complete their education. Offers a variety of basic needs including: hot meals, food boxes, clothing, hygiene supplies, diapers, and school supplies.

Metropolitan Family Services 3

1808 SE Belmont Street Portland, OR 97214 Phone: 503-232-0007 x107

Web: metfamily.org

Helps families in the Portland metro area struggling with barriers associated with cultural and economic disparities. Offers financial coaching, kindergarten readiness, parent education, transportation to work assistance, and hunger relief.

Native American Youth Association

5135 NE Columbia Boulevard Portland, OR 97218 Phone: 503-288-8177 Web: nayapdx.org

Provides culturally-specific programs and services that guide Native American families in the direction of personal success and balance through cultural empowerment. Food Pantry is accessible to the general public Monday - Thursday from 2:30pm-5:30pm.

Neighborhood House, Inc.

7780 SW Capitol Highway Portland, OR 97219 Phone: 503-246-1663

Web: nhpdx.org/WhatWeDo/food.html

Provides emergency food boxes containing food for breakfast, lunch, and dinner. The food box is intended to supply families with enough food for 3-5 days and is available twice monthly. Other services include transitional housing, employment assistance, and more.

Northeast Emergency Food Program

4800 NE 72nd Avenue Portland, OR 97218 Phone: 503-284-5470 Web: emoregon.org/nefp

Meets the urgent food and clothing needs of Portland metro area residents, primarily people living in east Portland.

Northwest Housing Alternatives—Annie Ross House ®

13819 SE McLoughlin Boulevard Milwaukie, OR 97222 Phone: 503-655-8575 Web: nwhousing.org/homeless

-services/annie-ross-house/

Connects families in Clackamas County to crucial social services, healthcare, emergency food boxes, job training, parenting skills, and permanent housing.

Oregon Food Bank 🙉

7900 NE 33rd Drive Portland, OR 97211 Phone: 503-282-0555 Web: oregonfoodbank.org

Supplies food to 230 hunger-relief agencies serving low-income people. Agencies include 84 food pantries and 21 community kitchens. Each month fresh produce is provided to low income families at various locations. Call or visit the website to find the closest distribution center. Serves all of Oregon and Clark County, Washington.

Portland Adventist Community Services (PACS)

11020 NE Halsey Street Portland, OR 97220 Phone: 503-252-8500 Web: pacsonline.org

Emergency food pantry that provides healthy choices, including fresh produce and perishable foods, for low-income families seeking food assistance. Other services include a thrift store and health clinic.

Salvation Army—Portland Tabernacle Corps

1712 NE Sandy Boulevard Portland, OR 97232 Phone: 503-239-1224 Web: portlandtabernacle. salvationarmy.org

Provides low-income seniors, families, and individuals with emergency aid, clothing for job interviews, toys, and food boxes.

Sandy Community Action Center

38982 Pioneer Boulevard Sandy, OR 97055 Phone: 503-668-4746 Web: sandyactioncenter.org

Hunger relief agency that serves the residents of the Oregon Trail School District. Provides food support in numerous ways, including monthly food boxes, daily bread and pastries, and Friday night dinners.

Snow Cap

17805 SE Stark Street Portland, OR 97233 Phone: 503-674-8785 Web: snowcap.org

Offers shopping-style food pantry.
Other services include a clothes
closet, garden plots, prescription
assistance, and bus tickets for medical
appointments in certain areas of
Portland, Boring, and Damascus.

St. Vincent de Paul Social Services, Portland Council

8101 SE Cornwell Street Portland, OR 97206 Phone: 503-235-7837

Emergency Line: 503-235-8431

Web: svdppdx.org

Provides financial assistance for rent, utilities, food, cold weather clothing, and local transportation to those in the Portland metro and Southwest Washington areas. Additional service centers available in Lane County, Grants Pass, Salem, and Vancouver, Washington.

The Sunshine Division

687 North Thompson Street Portland, OR 97227 Phone: 503-823- 2102 Web: sunshinedivision.org

Portland residents can 'shop' for food at on-site food store, selecting items that fit their needs. Also provides local law enforcement agencies with food boxes for distribution by first-responders. Available to Portland residents.

Transition Projects, Inc.

665 NW Hoyt Street Portland, OR 97209 Phone: 503-280-4700 Web: tprojects.org

Provides individuals with the services, resources, and tools they need to end their homelessness, secure housing, and maintain that housing. Services include food boxes, clothing, hygiene products, rent assistance, and ID assistance for Multnomah County area residents.

William Temple House

2023 NW Hoyt Street Portland, OR 97209 Phone: 503-226-3021 Web: williamtemple.org

Provides three to five days of food to individuals and families in need. Other services include clothing assistance, emergency dental van, and vision care.

Yamhill Community Action Partnership

P.O. Box 621 1317 NE Dustin Court McMinnville, OR 97128 Phone: 503-472-0457 Web: yamhillcap.org

Provides food to 17 emergency food pantries located throughout Yamhill County. These pantries provide a 3 to 5 day supply of fresh and shelf-stable groceries to low-income families and individuals. Also provides food to six community meal sites in the county, which cook hot, nutritious meals from scratch. Call or visit their website to find the meal site or emergency food pantry in your community.

Fundraising

Fundraising is another option to consider when working to cover costs. While not local, these national online services can help with your fundraising efforts.

CaringBridge

Phone: 651-452-7940 Web: caringbridge.org

An online space for connecting, sharing news, and receiving support. Make your own personal site to keep others informed throughout your journey.

Children's Organ **Transplant Association**

Phone: 800-366-2682

Web: cota.org

Provides guidance to families and communities with transplant-needing individuals to raise the necessary funds for transplants. This organization will offer up to \$5,000 as a challenge grant, as well as assistance in planning successful events, working with local media, using online resources, and organizing and training volunteers.

Fundraiser Insight

Web: fundraiserinsight.org

Features over 140 original fundraising event ideas and helps decipher how various product-based fundraisers work. Also includes a library featuring over 100 articles about various aspects of fundraising.

Giveforward

Web: giveforward.com

Provides free online fundraising pages to allow friends and family to raise money directly for a loved one when they need it the most. Create a fundraising page to raise funds for transportation, house cleaning, childcare, educational and medical expenses, and more. Giveforward will keep 5% of the total amount raised to cover operating costs.

GoFundMe.com

Web: gofundme.com

Offers a platform to fundraise for medical expenses using social media to ask friends, family, and community members for donations. GoFundMe keeps 5% of donations raised on its platform.

Help, Hope, Live

Phone: 800-642-8399 Web: helphopelive.org

Helps patients and their families organize, launch, and sustain grassroots fundraising campaigns, providing fiscal accountability for the funds raised and weekly disbursements for life-saving and life-sustaining medical care.

Step by Step Fundraising

Phone: 866-874-8383

Web: stepbystepfundraising.com

Online resource that connects individuals with fundraising strategies for their cause. Some features include fundraising how-to guides, top fundraising ideas, and expert fundraising advice.

Write Express— Fundraising Letters

Web: writeexpress.com/fundraising.htm

Offers free sample letters for different fundraising scenarios. Sample letters include invitations to fundraising events, charitable requests to organizations, and more.

YouCaring

Web: youcaring.com

Provides free online fundraising pages allowing friends and family to raise money directly for a loved one when they need it the most. Create a fundraising page to raise funds for transportation, house cleaning, childcare, educational and medical expenses, and more.

Government and Legal Aid

For a variety of reasons, families may need to consult legal counsel or seek government support during or after a child's battle with serious illness. These resources can help families find the support they need.

2-1-1 Info— Oregon Helps 🚳

Oregon and Southwest Washington

Phone: 211

Web: 211info.org/oregonhelps

Answer questions about people in your house, income, and expenses and this site will estimate your potential eligibility for 33 programs and assistance.

ACLU Oregon

P.O. Box 40585 Portland, OR 97240 Phone: 503-227-3186 Web: aclu-or.org

Provides information and legal assistance for cases dealing with constitutional and civil rights in Oregon.

Catholic Charities

2740 SE Powell Boulevard Portland, OR 97202 Phone: 503-231-4866

Web: catholiccharitiesoregon.org

Offers immigration legal services, housing assistance, employment information, parent classes, youth groups, and mental health counseling.

Community Services—Clark County

1601 E Fourth Plain Boulevard P.O. Box 5000 Vancouver, WA 98661 Phone: 360-397-2075 Web: clark.wa.gov/ community-services

Supports individuals and families in Clark County through services such as fair housing, mental health crisis services, and youth programs.

Department of Human Services ®

500 Summer Street NE E-15 Salem, OR 97301 Phone: 503-945-5600

Web: oregon.gov/dhs/offices/pages/

index.aspx

Provides information about a variety of public health programs and services for children, youth, and families. Visit website to find your local office.

Disability Rights Oregon

511 SW 10th Avenue, Suite 200 Portland, OR 97205 Phone: 503-243-2081 Web: disabilityrightsoregon.org

Provides legal advocacy services for people with disabilities anywhere in Oregon.

Equal Employment Opportunity Commission

Phone: 800-669-4000 TTY: 800-669-6820 Web: eeoc.gov

Enforces employment laws and provides oversight and coordination of all federal equal employment opportunity regulations, practices, and policies. Available in multiple languages.

125 East 8th Avenue Eugene, OR 97401 Phone: 541-682-4302

300 SW Fourth Avenue, Room 108B

Albany, Oregon 97321 Phone: 541-704-3479

Web: courts.oregon.gov/programs/family/children/pages/default.aspx

Provides legal support to people who are representing themselves in a family law court action. Facilitators assist in filling out forms and can offer other legal information. Other family court assistance offered across Oregon; visit website for information on your county's services.

Health, Housing, & Human Services—Clackamas County

2051 Kaen Road Oregon City, OR 97045 Phone: 503-650-5697 Web: clackamas.us/h3s/

Assists individuals and families in Clackamas County in a variety of areas, including physical and oral health, child and family services, and assistance for low-income individuals.

10301 NE Glisan Street Portland, OR 97220 Phone: 503-234-1541

Web: irco.org

Provides culturally specific community education and training, direct application-based legal services, and pathway to citizenship in Multnomah and Washington Counties.

519 SW Park Ave, Suite 610 Portland, OR 97205 Phone: 503-221-1689

216 Columbia Street, Suite B Hood River, OR 97031 Phone: 541-399-8029

Web: immigrationcounseling.org

Provides low-cost immigration assistance by helping families apply for reunification, assisting individuals fleeing persecution, and providing education about the citizenship process.

Legal Aid Services of Oregon (LASO)

Multiple locations across Oregon Phone: 503-224-4086 Web: oregonlawhelp.org

Provides legal representation in civil cases to low-income residents of Oregon. Other services include legal clinics and selfhelp workshops. See website for various Oregon locations and information.

Lewis and Clark Legal Clinic

10015 SW Terwilliger Boulevard Portland, OR 97219 Web: law.lclark.edu/clinics

Law students assist in the representation of low-income individuals experiencing a variety of civil and administrative legal problems.

NAACP - Portland Branch

1257 Lloyd Center Portland, OR 97232 Phone: 503-928-6723 Web: portlandnaacp1120.org

Works to ensure the political, educational, social, and economic equality of rights of all persons and to eliminate racial hatred and racial discrimination. Legal assistance available.

Oregon Family Law Forms 🖼

Web: courts.oregon.gov/programs/ family/forms

Offers general legal forms; be sure to check with local county court family facilitators to confirm which forms are acceptable.

Oregon Law Center

Multiple locations across Oregon Phone: 503-295-2760 Web: oregonlawcenter.org

Helps low-income communities of Oregon by providing a full range of civil legal services on matters related to their homes, livelihoods, medical care, and physical safety against domestic violence. See website to find your local office.

Oregon State Bar Association

16037 SW Upper Boones Ferry Road

Tigard, OR 97224 Phone: 503-620-0222 Web: osbar.org

Provides a variety of services including the Lawyer Referral Service which helps provide lower cost legal advice and representation to low-income individuals.

St. Andrew Legal Clinic (SALC) 🚯

807 NE Alberta Street Portland, OR 97211 Phone: 503-281-1500 232 NE Lincoln, Suite H Hillsboro, OR 97124 Phone: 503-648-1600

Web: salcgroup.org

English and Spanish-speaking attorneys assist clients in Multnomah, Washington, Columbia, and Yamhill counties. Provides low-cost legal services to families through legal advocacy for issues of adoption, child custody and support, protection orders, guardianship, parenting time, and spousal support.

U.S. Department of Labor 🙉

Washington D.C. Phone: 866-487-2365 TTY: 877-889-5627 Web: dol.gov

Administers a variety of federal labor laws including those that guarantee workers' rights to safe and healthful working conditions, a minimum hourly wage and overtime pay, freedom from employment discrimination, unemployment insurance, and other income support. Available in multiple languages.

Washington State Bar Association

1325 Fourth Avenue, Suite 600 Seattle, WA 98101 Phone: 800-945-9722 Web: wsba.org

Referral to legal resources for lowincome individuals living in Washington.

Grief and Bereavement

The following organizations focus on coping with grief and loss. They can provide support, information, and resources for parents and siblings who are experiencing loss.

3181 SW Sam Jackson Park
Portland, OR 97239
Phone: 503-494-6201
Web: ohsu.edu/xd/health/services/
doernbecher/programs-services/
cancer/services/bridges-program.cfm

Provides physical, psychological, social, and spiritual care for children with potentially life-limiting conditions and their families

Brief Encounters

Peace House 2116 NE 18th Ave. Portland, OR 97212 Web: briefencounters.org/bewp/ support-groups/

Offers support groups for bereaved parents of pregnancy and infant loss. The meetings are led by trained facilitators and are held twice a month at the Peace House, located at the address listed above. Visit their website for an up-to-date calendar of meeting times.

Camp Erin

24751 SE Highway 224 Boring, OR 97009 Phone: 503-215-5879 Web: providence.org/camperin

Weekend-long overnight camp designed for children and teens ages 6-17 who are grieving the death of someone close to them. Campers participate in traditional, fun camp activities combined with grief education and emotional support led by grief professionals and trained volunteers. Offered free to all families.

Candlelighters for Children with Cancer

6600 SW 92nd Avenue, Suite 160 Portland, OR 97223 Phone: 503-719-4244 Web: candlelightersoregon.org

Provides support, education, and advocacy for families affected by childhood cancer. Available to Oregon and SW Washington residents, they offer various support services including family activities, educational materials, financial assistance, bereavement support, and a summer family camp for children who have been affected by cancer and their immediate families. Events and other support available across Oregon and SW Washington.

Compassionate Friends 🙉

Oregon Chapters: Portland, Salem, Beaverton, McMinnville, Albany

Phone: 503-307-8450

Web: compassionatefriends.org

Peer-led monthly support group offering friendship and understanding to parents, siblings, and grandparents who have experienced the death of a child at any age, from any cause. Promotes positive resolution of grief and fosters physical and emotional health.

The Dougy Center for Grieving Children & Families

3909 SE 52nd Avenue Portland, OR 97206 Phone: 503-775-5683 Web: dougy.org

Provides a safe place for children, teens, young adults, and their families who are grieving a death to share their experiences. Facilitates peer support groups, education, and training.

Grief Recovery Method

132 SW Crowell Way, Suite 100 Bend, OR 97702 Phone: 818-334-7606

Web: griefrecoverymethod.com

Offers thousands of certified Grief Recovery specialists to help individuals through grief. This website can help you find one-on-one support, weekend workshops, and support groups in your

Grief Watch

14511 NE 10th Avenue, Suite E Vancouver, WA 98685 Phone: 503-284-7426 Web: griefwatch.com

Publishes books, videotapes, audiotapes, and other helpful resources aimed at people who have suffered loss as part of its mission to serve the bereaved. Website references various tools to help in the grieving process.

Legacy Good Samaritan Medical Center

1015 NW 22nd Avenue Portland, OR 97210 Phone: 503-413-7711 Web: legacyhealth.org/locations/ hospitals/legacy-good-samaritanmedical-center

Provides a range of cancer support groups and classes to help patients and their families through the diagnosis, treatment, and recovery of cancer. These provide ongoing education, activities, and emotional support for individuals whose lives are touched by cancer.

Macey Elizabeth Foundation

Portland, OR

Web: maceyelizabethfoundation.com

Assists families in NW Oregon who have recently lost a child or have a child receiving end-of-life care. Examples of aid include delivered meals, housekeeping services, respite trips, and grief support services.

Me, Too

P.O. Box 592 Marylhurst, OR 97036 Phone: 503-228-2104 Web: oregonhospice.org/metoo

Supports children and families who have experienced the death of someone close to them. Families come together for one evening each week for eight weeks where children, teens, and adults gather in age-specific groups. Families may register for groups any time after the death of someone close to them. Offered at no charge to participants.

The Nick Wilson Charitable Group

P.O. Box 80852 Portland, OR 97280 Phone: 503-890-7220 Web: nickwilsoncg.org

Helps to finance funeral or cremation costs, counseling, and other things that might provide help and comfort to a family after a child dies. Also provides financial support to families with children currently undergoing cancer treatment and blood and marrow transplantation at Doernbecher Children's Hospital in Portland.

Northwest Catholic Counseling Center

8383 NE Sandy Boulevard, Suite 205 Portland, OR 97220 Phone: 503-253-0964 Web: nwcounseling.org

Counseling services available for individuals, families, and children. Offers a sliding scale for services to help clients who are struggling financially.

PeaceHealth Southwest Medical Center

400 NE Mother Joseph Place Vancouver, WA 98664 Phone: 360-696-5120 Web: swmedicalcenter.org/ bereavement

Provides emotional support and information for those grieving. Offers bereavement support groups and counseling to members of the community, including individuals, families, and children.

Providence Health and Services

Multiple locations across Oregon Phone: 503-215-2273 Web: oregon.providence.org/ourservices/p/providence-hospicebereavement-services/

Offers bereavement support to individuals and families grieving the death of a loved one. All services are offered free of charge.

The Tears Foundation

11102 Sunrise Boulevard East Puyallup, WA 98374 Phone: 253-312-4843 Web: thetearsfoundation.org/ washington-2

Assists bereaved families in Washington with emotional and financial support in making final arrangements for their child who has died. Hosts memorial gatherings remembering children.

Health Care Services

This section includes free and low-cost wellness and health centers, organizations that provide financial support to families facing treatment-related costs, and health information resources.

2-1-1 Info 🚯

Oregon and Southwest Washington Phone: 211

Web: 211info.org

Helpline providing statewide information and referral services for community health, social and mental health services, immediate care health services, pregnancy, and reproductive health services.

The Leukemia & Lymphoma Society— Oregon and SW Washington Chapter &

9320 SW Barbur Boulevard, Suite 140 Portland, OR 97219 Phone: 503-245-9866

Web: lls.org

Provides financial support toward the cost of insurance co-payments and/or insurance premium costs for prescription drugs to those affected by blood cancers. Other services include information specialists that provide personalized disease and treatment information, an online patient community, support groups, and a peer-to-peer program.

Centers for Medicare & Medicaid Services

Phone: 877-267-2323 TTY: 866-226-1819 Web: cms.hhs.gov

Provides information on Medicare, Medicaid, the Children's Health Insurance Program, and the Health Insurance Marketplace.

Children's Community Clinic

2252 Lloyd Center Portland, OR 97232 Phone: 503-284-5239 Web: ccc4kids.org

Healthcare for children, from birth to 21 years, of families who are underserved (uninsured and underinsured), regardless of ethnicity, geographic residency, or ability to pay.

Washington, D.C. Phone: 800-447-8477 TTY: 800-377-4950

Web: oig.hhs.gov/fraud/hotline

U.S. government hotline for complaints regarding Medicare or Medicaid; provides assistance with issues of entitlements, benefits, insurance, and community resources.

Insure Kids Now

Phone: 877-543-7669 Web: insurekidsnow.gov

National campaign to link uninsured children, from birth to age 18, to free and low-cost health insurance. Puts families in direct contact with their own state's children's health insurance program through this website.

Northwest Kidney Kids

P.O. Box 230075 Portland, OR 97219 Phone: 541-499-2018 Web: nwkidneykids.org

Provides prevention services, educational programs, and group activities that empower kids living with a kidney disease to take charge of their health, embrace their future, and achieve lifelong success.

Portland Adventist Community Services (PACS)

11020 NE Halsey Street Portland, OR 97220 Phone: 503-252-8500 Web: pacsonline.org

Health clinic that offers primary care; individuals are set up with a regular goto doctor to help them manage their health. Available exclusively to lowincome individuals who are struggling to afford the cost of primary health care. Other services include thrift store and emergency food pantry.

Safety Net Clinics 3

Multiple locations across Oregon Web: oregon.gov/oha/hpa/hp-pco/ pages/safety-net-clinics.aspx

Directory of clinical sites around the state that provide health care opportunities to those who otherwise would have barriers to accessing quality health services. These barriers include lack of coverage, geographic isolation, language and culture, mental illness, and homelessness.

Quest Center for Integrative Health

2901 East Burnside Street Portland, OR 97214 Phone: 503-238-5203 Web: quest-center.org

Non-profit wellness center that provides multidisciplinary and integrative healthcare in a community-based setting to all people. Offers pain management programs, mental health services, wellness care, and more to at-risk populations and uninsured/underinsured clients.

Housing Assistance

These local organizations can provide affordable housing, rent assistance, shelter, information, and resources to families at risk of homelessness.

American Red Cross ®

3131 N Vancouver Avenue Portland, OR 97227 Phone: 503-528-5947 Web: redcross.org/cascades

Provides shelter for families who must leave their home due to a disaster or emergency.

Because People Matter

6809 NE MLK Boulevard Portland, OR 97228 Phone: 503-664-0653 Web: bpmpdx.org

Hosts weekly "Night Strike" event at the Liberation Street Church in Portland for members of Portland's homeless community to hang out, enjoy a hot meal, receive a free haircut or shave, have their feet washed, and have their old shoes, clothes, and sleeping bags replaced. Also provides free afterschool programs and family events every Saturday during the summer.

Catholic Charities

2740 SE Powell Boulevard Portland, OR 97202 Phone: 503-231-4866 Web: catholiccharitiesoregon.org

Offers information and referral services, short-term intervention, housing assistance, employment information, parent classes, youth groups, and

mental health counseling; also provides

immigration legal services.

Central City Concern

232 NW 6th Avenue Portland, OR 97209 Phone: 503-200-3893 Web: centralcityconcern.org

Provides programs that aim to end homelessness and help people achieve their highest potential. Resources include housing, healthcare, peer support, and employment.

Community Action

1001 SW Baseline Street Hillsboro, OR 97123 Phone: 503-648-6646 Web: caowash.org

Provides emergency shelter and shortterm rent assistance. Other services include child care resources and referrals, parenting education, food, and energy assistance. Available to residents of Washington County.

Fair Housing Council of Oregon

1221 SW Yamhill Street, Suite 305 Portland, OR 97205

Phone: 503-223-8197 Web: fhco.org

Aims to eliminate housing discrimination through access to enforcement and education. Provides education, outreach, technical assistance, and enforcement opportunities specifically related to federal, state, and local fair housing laws.

Home Forward 🕏

135 SW Ash Street Portland, OR 97204 Phone: 503-802-8300 Web: homeforward.org

Provides permanent housing assistance in Multnomah County. Permanent housing is available through the agency's public housing units as well as Section 8 subsidies.

Home Matters—Portland Housing Center

Portland, OR; Beaverton, OR; Vancouver, WA Phone: 503-282-7744 Web: portlandhousingcenter.org

Matches people to the services they need to become successful homeowners including individualized counseling, financial education, and affordable, fixed-rate loans.

Human Solutions 🙉

12350 SE Powell Boulevard Portland, OR 97236 Phone: 503-548-0200 Web: humansolutions.org

Helps families in Multnomah County gain self-sufficiency by providing affordable housing, skill development, and family support services.

Impact NW 🚳

1785 NE Sandy Boulevard #200 Portland, OR 97232 Phone: 503-294-7400 Web: impactnw.org/programs/ housing-and-safety-net/ energy-assistance

Supports homeless families in the community by providing vouchers for short-term motel stays, placement in local shelters, and direct rent assistance.

Independent Living Resources

1839 NE Couch Street Portland, OR 97232 Phone: 503-232-7411 Web: ilr.org

Provides advocacy, information, peer support, counseling, and skill training for individuals with disabilities in the Portland metro area. Housing-related services include Tenants Rights and Responsibilities Training, landlord-tenant

My Father's House

mediation, and Rent Well classes.

5003 W Powell Boulevard Gresham, OR 97030 Phone: 503-492-3046 Web: familyshelter.org

Provides shelter for up to 28 families in individual, self-contained units that include kitchenettes and private baths. Aims to reclaim at-risk homeless families from street life by providing them with the life skills necessary to become permanently independent. Also provides food and clothing to residents.

Neighborhood House, Inc.

7780 SW Capitol Highway Portland, OR 97219 Phone: 503-246-1663 Web: nhpdx.org

Provides transitional housing for homeless families as well as rent assistance. Other services include emergency food boxes, employment assistance, and more.

The Nick Wilson Charitable Group

P.O. Box 80852 Portland, OR 97280 Phone: 503-890-7220 Web: nickwilsoncg.org

Provides financial support to families with children undergoing cancer treatment and blood and marrow transplantation at Doernbecher Children's Hospital in Portland. Support for mortgage, rent, hotel costs, car payments, utility bills, and insurance premiums are some of the ways they help families financially.

Northwest Housing Alternatives—Annie Ross House ®

13819 SE McLoughlin Boulevard Milwaukie, OR 97222 Phone: 503-655-8575 Web: nwhousing.org/ homeless-services/annie-ross-house

Connects families in Clackamas County to crucial social services, healthcare, emergency food boxes, job training, parenting skills, and permanent housing.

Open Door Counseling Services

34420 SW Tualatin Valley Highway Hillsboro, OR 97123 Phone: 503-640-6689 Web: opendoorcc.net

Educates and assists underserved households to obtain and retain affordable permanent housing, provides immediate basic human needs for community residents, and promotes client self-determination to achieve a better quality of life.

Oregon Community Warehouse

3969 NE MLK Jr Blvd Portland, OR 97212 Phone: 503-235-8786

8380 SW Nyberg St Tualatin, OR 97062 Phone: 503-347-2147

Web: communitywarehouse.org

Provides furniture and household items at no cost to people in need throughout Oregon and SW Washington. Must be referred through a social worker or other social service agency.

Portland Homeless Family Solutions

1221 SW Yamhill, Suite 210 Portland, OR 97205 Phone: 503-915-8307 Web: pdxhfs.org

Aims to empower homeless families with children to get back into housing and to stay there long-term. Offers emergency family shelters, homeless prevention and life skills programs, and case management to help families move quickly back into permanent housing and keep their housing long-term.

REACH Community Development, Inc.

4150 SW Moody Avenue Portland, OR 97239 Phone: 503-231-0682 Web: reachcdc.org

Provides a range of programs focused on housing success and financial stability such as eviction prevention, financial education, employment and career support, and access to emergency food and clothing.

Ronald McDonald House of Oregon and SW Washington ®

Multiple locations across Oregon

Phone: 971-230-6700 Web: rmhcoregon.org

Provides a place to stay for families and their seriously ill or injured children who travel far to receive treatment at Portlandarea hospitals. There is a \$20 per night suggested fee, but fees may be reduced or waived based on financial need.

St. Vincent de Paul Social Services, Portland Council

8101 SE Cornwell Street Portland, OR 97206 Phone: 503-235-7837

Emergency Line: 503-235-8431

Web: svdppdx.org

Provides financial assistance for rent, utilities, food, cold weather clothing, and local transportation to those in the Portland metro and Southwest Washington areas. Additional service centers available in Lane County, Grants Pass, Salem, and Vancouver, Washington.

Intercultural Resources

Organizations that offer support and help transcend cultural and language barriers associated with medical care issues.

2-1-1 Info— Oregon Helps 🚯

Oregon and Southwest Washington

Phone: 211

Web: 211info.org/oregonhelps

Answer questions about people in your house, income, and expenses and this site will estimate your potential eligibility for 33 programs and assistance. Available in Spanish.

Portland, OR; Eugene, OR; Medford, OR Phone: 800-227-2345 Web: cancer.org/about-us/ what-we-do/multicultural

Supports multicultural communities by improving access to screening and treatment for diverse populations, and providing emotional support, the latest cancer information, or help finding resources.

Asian Family Center (AFC) Immigrant & Refugee Community Organization (IRCO)

8040 NE Sandy Boulevard Portland, OR 97213 Phone: 503-235-9396

Web: irco.org

Provides multilingual, multicultural, community-based services such as early childhood development services, parent education and support, youth services, anti-poverty assistance, and health education programs to residents of Multnomah and Washington counties.

Catholic Charities

2740 SE Powell Boulevard Portland, OR 97202 Phone: 503-231-4866

Web: catholiccharitiesoregon.org

Offers information and referral services, short-term intervention, housing assistance, employment information, parent classes, youth groups, and mental health counseling; also provides immigration legal services.

Centro Cultural of Washington County

1110 North Adair Street Cornelius, OR 97113 Phone: 503-359-0446 Web: centrocultural.org

Information and referrals to a variety of services in the area. Services offered in Spanish and English to promote social and economic development and meet basic human needs.

El Programa Hispano Católico ®

333 SE 223rd Avenue, Suite 100 Gresham, OR 97030 Phone: 503-669-8350

2740 SE Powell Boulevard Portland, OR 97202 Phone:503-231-4866 Web: elprograma.org

Provides a wide array of social services to low-income Hispanic people in the Portland metro area, including housing, employment, and health and wellness programs.

National Alliance for Hispanic Health ®

Washington, D.C. Phone: 202-387-5000 Web: healthyamericas.org

Focuses on ensuring the best health outcomes for all through research, services, and policy. They provide information and resources specifically related to improving the health of the Hispanic community.

Office of Minority Health

Phone: 204-453-2882 Web: minorityhealth.hhs.gov

Dedicated to improving the health of racial and ethnic minority populations through resources, programs, campaigns, and initiatives.

Su Familia—The National Hispanic Family Health Helpline ®

Phone: 866-783-2645

Web: healthyamericas.org/help-line

Provides free, reliable, and confidential health information in Spanish and English to help callers navigate the health system. Advisors can also refer callers to health care services in their community.

Prescription Assistance

This section includes resources and programs that may help pay for prescription drugs. Check with your medical team for a listing of your child's medication. You may be able to contact the manufacturers of each medication for additional help.

The Leukemia & Lymphoma Society—Oregon and SW Washington Chapter ®

9320 SW Barbur Boulevard, Suite 140 Portland, OR 97219 Phone: 503-245-9866

Web: lls.org

Provides financial support toward the cost of insurance co-payments and/or insurance premium costs for prescription drugs to those affected by blood cancers. Other services include information specialists that provide personalized disease and treatment information, an online patient community, support groups, and a peer-to-peer program.

NeedyMeds, Inc.

Phone: 800-503-6897 Web: needymeds.org

A source of information on thousands of programs that may be able to aid people struggling to afford prescriptions. Offers a free drug discount card that can help users obtain a substantially lower price on medications. Anyone can use the card regardless of income level or insurance status and no registration is required.

The Nick Wilson Charitable Group

P.O. Box 80852 Portland, OR 97280 Phone: 503-890-7220 Web: nickwilsoncg.org

Provides financial support to families with children undergoing cancer treatment and blood and marrow transplantation at Doernbecher Children's Hospital in Portland. Support for mortgage, rent, hotel costs, car payments, utility bills, and insurance premiums are some of the ways they help families financially.

Oregon Health Authority Prescription Drug Program

500 Summer Street NE, E-20 Salem, OR 97301 Phone: 800-913-4284

Web: oregon.gov/oha/hpa/csi-opdp

State-sponsored prescription discount card program available to all underinsured Oregonians.

Partnership for Prescription Assistance

Phone: 800-913-4284 Web: pparx.org

Assists uninsured and underinsured patients in getting free or nearly free prescription medications through existing patient assistance programs. Patients will be matched with assistance programs for which they may be eligible after completing an online questionnaire with basic information about prescription medicines, income, and current prescription medication coverage.

Snow Cap

17805 SE Stark Street Portland, OR 97233 Phone: 503-674-8785 Web: snowcap.org

Offers occasional help with prescriptions. Other services include a clothes closet, garden plots, food pantry, and bus tickets for medical appointments in certain areas of Portland, Boring, and Damascus.

Referral/Information

Resources that may help you research information pertinent to treatment (doctors, medical terms, facilities) or find support and social services available to families.

2-1-1 Info 🚯

Oregon and Southwest Washington Phone: 211 Web: 211info.org

Helpline providing statewide information and referral services for community health, social and mental health services, immediate care health services, and pregnancy and reproductive health services.

American Cancer Society—Oregon

Portland, OR; Eugene, OR; Medford, OR Phone: 503-295-6424 Web: cancer.org

Provides services for cancer patients, including transportation, hotel guest rooms for out patient treatment, medical equipment, and information. Support groups for patients and families can be found across Oregon and Washington.

Aunt Bertha 🚯

Web: auntbertha.zendesk.com

Lists free and reduced cost direct social services through a location-based search engine. Helps individuals find needs-based services that will assist with basic needs that they cannot get or have trouble getting otherwise.

Candlelighters for Children with Cancer

6600 SW 92nd Avenue, Suite 160 Portland, OR 97223 Phone: 503-719-4244 Web: candlelightersoregon.org

Provides support, education, and advocacy for families affected by childhood cancer. Available to Oregon and SW Washington residents, they offer various support services including family activities, educational materials, financial assistance, bereavement support, and a summer family camp for children who have been affected by cancer and their immediate families. Events and other support available across Oregon and SW Washington.

Catholic Charities

2740 SE Powell Boulevard Portland, OR 97202 Phone: 503-231-4866

Web: catholiccharitiesoregon.org

Offers information and referral services, short-term intervention, housing assistance, employment information, parent classes, youth groups, and mental health counseling; also provides immigration legal services.

Children's Cancer Association 🖼

1200 NW Naito Parkway, Suite 140 Portland, OR 97209 Phone: 503-244-3141 Español: 503-200-5126

Web: joyrx.org

CCA's Kids' Cancer Pages, a companion volume to the Local Family Support Pages, is a free directory with hundreds of resources relating to all aspects of pediatric cancer, available in a print edition and downloadable from the CCA website. [Para obtener acceso a los siguientes servicios en español, llame 503-200-5126].

Department of Human Services 🚯

500 Summer Street NE E-15 Salem, OR 97301 Phone: 503-945-5600 Web: oregon.gov/dhs

Provides child care assistance information, child care subsidies, and a resource and referral agency database.

FACT (Family and **Community Together) Oregon's Parent Training** and Information Center

2475 SE Ladd Avenue, Suite 430 Portland, OR 97214 Phone: 503-786-6082 Web: factoregon.org

A family leadership organization for individuals and their families experiencing disability, working collaboratively to facilitate positive change in policies, systems, and attitudes through family support, advocacy, and partnerships.

Family Building Blocks

2425 Lancaster Drive NE Salem. OR 97305 Phone: 503-798-4744 Web: familybuildingblocks.org

Provides community referrals to connect families to needed community resources and services including local food banks, medical and dental providers, housing, child care, support for basic needs, substance abuse counseling, domestic violence programs, and other charitable organizations that may be able to help families during a crisis.

Healthgrades.com

Web: healthgrades.com/ find-a-doctor

Allows you to search for information related to where a doctor went to school, when and where they completed their residency program, license status, or disciplinary actions. This site also includes ratings from other patients who had experience with this physician, specialization searches, as well as ratings and information for hospitals.

Human Solutions

12350 SE Powell Boulevard Portland, OR 97236 Phone: 503-548-0200 Web: humansolutions.org

Helps families in Multnomah County gain self-sufficiency by providing affordable housing, skill development, and family support services.

Independent Living Resources

1839 NE Couch Street Portland, OR 97232 Phone: 503-232-7411

Web: ilr.org

Provides advocacy, information, peer support, counseling, and skill training for individuals with disabilities in the Portland metro area

KidsHealth.org

Web: kidshealth.org

Provides information for parents as well as kids and teens about general health, specific diseases and diagnosis, emotions and behavior, and visiting the hospital.

The Leukemia & Lymphoma Society—Oregon and SW Washington Chapter ®

9320 SW Barbur Blvd, Suite 140 Portland, OR 97219 Phone: 503-245-9866

Web: lls.org

Offers information, resources and support to those affected by blood cancers. Services include information specialists that provide personalized disease and treatment information, an online patient community, support groups, and a peer-to-peer program that matches newly diagnosed patients with volunteers who have had a similar diagnosis.

Linus Pauling Institute of Science and Medicine

307 Linus Pauling Science Center Corvallis, OR 97331 Phone: 541-737-5075 Web: lpi.oregonstate.edu

Extensive research on the use of micronutrients in the complementary treatment and prevention of cancer and degenerative diseases. Publishes a quarterly newsletter and an extensive array of research reports.

Metropolitan Family Services ூ

1808 SE Belmont Street Portland, OR 97214 Phone: 503-232-0007 x 107

Web: metfamily.org

Helps families in the Portland metro area that struggle with the many barriers associated with cultural and economic disparities. Offers financial coaching, kindergarten readiness, parent education, transportation to work assistance, and hunger relief.

Portland Adventist Community Services (PACS)

11020 NE Halsey Street Portland, OR 97220 Phone: 503-252-8500 Web: pacsonline.org

Provides food, clothing, household items, educational programs, advocacy and referral for people in need in the Portland area. Also offers family health clinic for the uninsured.

WebMD—Physician Directory

Web: doctor.webmd.com

Provides a searchable database to help you find a doctor near you who specializes in a particular area or procedure. This database also includes information related to patient satisfaction measures, readmission rates, mortality rates, and average reimbursement rates.

Transportation and Travel Assistance

These organizations can help you arrange for air and ground transportation to help ease the financial burden associated with traveling.

American Cancer Society— Oregon 🚯

Portland, OR; Eugene, OR; Medford, OR

Phone: 503-295-6424 Web: cancer.org

Provides services for cancer patients, including transportation, hotel guest rooms for out-patient treatment, medical equipment, and information. Support groups for patients and families can be found across Oregon and Washington.

Angel Flights West

3161 Donald Douglas Loop South Santa Monica, CA 90405 Phone: 310-390-2958 Web: angelflightwest.org

Arranges free, non-emergency air travel for children and adults with serious medical conditions and other compelling needs.

Health Share of Oregon-Ride to Care 🚯

2121 SW Broadway, Suite 200 Portland, OR 97201 Phone: 503-416-3955 Web: healthshareoregon.org/formembers/transportation.html

Provides free rides to covered health care appointments for Oregon Health Plan (OHP) members in Clackamas, Multnomah, and Washington Counties who have no other transportation options.

120 NE 136th Ave, Suite 215 Vancouver, WA 98684 Phone: 360-694-6577 Web: hsc-wa.org

Offers employment transportation and medical transportation to residents of Wahkiakum, Cowlitz, Clark, Skamania, and Klickitat counties.

Metropolitan Family Services

1808 SE Belmont Street Portland, OR 97214 Phone: 503-232-0007 x 107 Web: metfamily.org

Helps families in the Portland metro area that struggle with the many barriers associated with cultural and economic disparities. Offers financial coaching, kindergarten readiness, parent education, transportation to work assistance, and hunger relief.

Snow Cap

17805 SE Stark Street Portland, OR 97233 Phone: 503-674-8785 Web: snowcap.org

Offers bus tickets for medical appointments in certain areas of Portland, Boring, and Damascus. Other services include a food pantry, garden plots, prescription assistance, and a clothing closet for those in need.

St. Vincent de Paul Social Services, Portland Council

8101 SE Cornwell Street Portland, OR 97206 Phone: 503-235-7837

Emergency Line: 503-235-8431

Web: svdppdx.org

Provides financial assistance for rent, utilities, food, cold weather clothing, and local transportation to those in the Portland metro and Southwest Washington areas. Additional service centers available in Lane County, Grants Pass, Salem, and Vancouver, Washington.

Utility Assistance

The following organizations offer programs that can assist with paying utility bills.

Community Action

1001 SW Baseline Street Hillsboro, OR 97123 Phone: 503-648-6646 Web: caowash.org

Assists low-income households with their heating and electricity costs. Other services include child care resources and referrals, parenting education, emergency shelter, and short-term rent assistance. Available to residents of Washington County.

Impact NW 🚯

1785 NE Sandy Boulevard #200 Portland, OR 97232 Phone: 503-294-7400 Web: impactnw.org/programs/ housing-and-safety-net/ energy-assistance/

Provides a safety net for families in crisis with services that connect them to housing and energy assistance while supporting them as they move toward independence.

Low Income Energy Assistance Program 😉

Oregon and Washington Phone: 800-453-5511

Oregon Web: benefits.gov/benefits/

benefit-details/1571

Washington Web: benefits.gov/ benefits/benefit-details/1586

Uses federal funding to help low-income households with home heating costs.

Need Help Paying Bills

Oregon Web: needhelppayingbills. com/html/oregon_energy_bill_and_ heating.html

Washington Web: needhelppayingbills. com/html/washington_energy_bill_ and_uti.html

Most utility companies in Oregon and Washington can provide accommodations and financial assistance upon request. By visiting the websites above, you can find more information on both state-wide and county-specific services that may be able to help with paying utility and energy bills.

Northwest Natural Gas

220 NW 2nd Avenue Portland, OR 97209 Phone: 503-226-4211 Web: nwnatural.com/ customerservice/payyourbill/ billpaymentassistance

Helps offset heating costs for lowincome Northwest Natural Gas residential customers and empowers clients to make informed choices in their energy use. This program provides heating assistance, energy education, and referrals.

Oregon Energy Assistance Program

Multiple agencies across Oregon Phone: 503-986-2000 Web: oregon.gov/ohcs/pages/ energy-assistance-agency-servicecounties-regions.aspx

List of energy resource programs sorted by county.

Oregon Energy Fund

1020 SW Taylor Street, Suite 620 Portland, OR 97205 Phone: 971-386-2124 Web: oregonheat.org

Offers energy assistance to low-income Oregon households who are in danger of having electricity service disconnected.

Oregon Telephone Assistance Program

Public Utility Commission of Oregon 201 High Street SE, Suite 100 Salem, OR 97301

Phone: 503-373-7171

Web: puc.state.or.us/pages/rspf/ otap.aspx

Provides discounted or free phone or broadband service to qualifying lowincome Oregon households.

Pacific Power

P.O. Box 26000 Portland, OR 97256 Phone: 888-221-7070

Web: pacificpower.net/res/fa.html

Offers special services, bill assistance, and time payment plans for customers in Oregon and Washington experiencing financial hardships.

Portland General Electric

P.O. Box 4438 Portland, OR 97208 Phone: 503-228-6322

Web: portlandgeneral.com/residential

/help/bill-payment-assistance

Provides information on bill payment assistance programs.

Portland Water Bureau Low Income Assistance Program 🖼

664 North Tillamook Street Portland, OR 97227 Phone: 503-823-7770 Web: portlandoregon.gov/ water/69504

Offers a quarterly bill discount on water and sewer bills and/or one-time emergency crisis vouchers to eligible households.

Rebuilding Together in Portland

5000 North Willamette Boulevard Portland, OR 97203 Phone: 503-943-7515 Web: rtpdx.org

Provides critical home repairs, modifications, and improvements for low-income homeowners. Available to Portland metro area families.

St. Vincent de Paul Social Services, Portland Council

8101 SE Cornwell Street Portland, OR 97206 Phone: 503-235-7837 Web: svdppdx.org

Provides financial assistance for rent, utilities, food, cold weather clothing, and local transportation to those in the Portland metro area and Southwest Washington areas. Additional service centers available in Lane County, Grants Pass, Salem, and Vancouver, Washington.

Transition Projects, Inc.

665 NW Hoyt Street Portland, OR 97209 Phone: 503-280-4700 Web: tprojects.org

Provides individuals services, resources, and tools to end their homelessness, secure housing, and maintain that housing. Services include food boxes, clothing, hygiene products, rent assistance, and ID assistance for Multnomah County area residents.

Wish Granting Organizations

These local organizations grant a variety of wishes that are requested by children and teens with chronic or life-threatening illnesses. Each organization has its own eligibility requirements and conditions for granting wishes.

Children's Cancer Association ®

1200 NW Naito Parkway, Suite 140 Portland, OR 97209 Phone: 503-244-3141 Web: joyrx.org

The Link program takes the profound emotional and financial hardships of serious pediatric illness head on, engaging a network of caring people and organizations to provide families with essential needs assistance and support. Also fulfills special requests and wishes.

Dream Factory of Oregon

P.O. Box 96041 Portland, OR 97296 Phone: 971-246-7971

Web: dreamfactoryinc.org/chapters/

oregon

Grants dreams to critically and chronically ill children ages 3-18. Local chapter is located in Portland, and chapters typically serve a 50-mile radius of their home city.

Gifted Wishes

2000 SW 1st Avenue, Suite 410 Portland, OR 97201 Phone: 503-297-5250 Web: pnwhospice.org

Supports end of life care by granting final wishes and fulfilling the unmet needs of individuals of all ages and families in the Pacific Northwest.

Make-A-Wish Foundation of Oregon

2000 SW 1st Avenue, Suite 410 Portland, OR 97201 Phone: 503-292-2280 Web: oregon.wish.org

Grants the wishes of children with life-threatening medical conditions to enrich the human experience with

hope, strength, and joy.

Youth Programs and Opportunities

This list includes community activities and programs intended for youth enrichment or mentorship.

Angel Hair Foundation

P.O. Box 2727 Eugene, OR 97402 Phone: 541-915-8683

Web: angelhairfoundation.org

Helps kids in Oregon who have suffered hair loss due to a medical illness (cancer or alopecia). Provides the funding needed to purchase an "Angel Hair System." This superior-quality, medical prosthesis provides kids with confidence and self-esteem and allows them to swim, sleep, and play without fear of the prosthesis falling off or slipping.

1827 NE 44th Avenue, Suite 100 Portland, OR 97213 Phone: 971-302-4879 Web: itsbigtime.org

Pairs kids facing adversity with adult mentors, enabling kids to reach their greatest potential through professionally supported one-to-one relationships and a network of support.

Boy Scouts of America

Multiple locations across Oregon and Washington Phone: 972-580-2000 Web: scouting.org

Year-round program for boys and girls in fifth grade through high school that provides fun, adventure, learning, challenge, and responsibility to help them become the best version of themselves. Visit website to find scout units in your area.

Chelsea Hicks Foundation—Chelsea's Closet

14865 SW 74th Avenue, Suite 240 Tigard, OR 97224

Phone: 503-941-5229 Web: chelseahicksfoundation.org

Provides rolling dress-up closet and monthly dress-up parties for seriously ill children at Doernbecher and Randall Children's Hospitals. Their permanent costume closet can be found at Randall in the hematology/oncology clinic.

1915 NE 7th Avenue Portland, OR 97212 Phone: 503-616-3981 Web: childrensbookbank.org

Aims to increase the chances for children to succeed as future readers, learners, and citizens by filling their homes and lives with quality books. Gathers, cleans, and bundles book by age and skill appropriate reading levels for distribution.

Children's Cancer Association ®

1200 NW Naito Parkway, Suite 140 Portland, OR 97209 Phone: 503-244-3141

Web: joyrx.org

The Chemo Pal® Program pairs children with mentors to play games, listen to music, share hobbies, or simply offer the comfort of companionship, relieving the anxiety, loneliness, and isolation experienced by children in treatment. MyMusicRx® delivers the healing power of music to kids facing cancer and other serious illnesses. Our bedside and digital programs engage hospitalized children of all ages and diagnoses, relieving stress, anxiety, and perception of pain. The Alexandra Ellis Caring Cabin is nestled in 24 acres of surrounding woods with plentiful wildlife and a serene lake and provides children in treatment and their extended families with an essential health connection to nature and healing.

Children's Healing Art Project

8065 SE Grand Avenue, Suite 160 Portland, OR 97202 Phone: 503-243-5294

Web: chappdx.org

Brings the healing power of art to children and families facing medical challenges. All healing arts programs are provided free of charge to children, teens, and families affected by pediatric illness, disability, or special need.

Creations for Cures

P.O. Box 2113 Gresham, OR 97030 Web: creationsforcures.org

Helps children and their families battle cancer using the power of art. Provides art kits and hosts art workshops.

Dream Drives for Kids

P.O. Box 13303 Portland, OR 97213

Web: dreamdrivesforkids.com

Provides sick and medically fragile children access to exotic cars for an hour-long, interactive sports car experience.

Family of Friends Mentoring

1333 NW Eastman Parkway Gresham, OR 97030 Phone: 971-940-8730 Web: family-of-friends.org

Focuses on creating a community of adult support around kids to help them thrive. Through individual and familystyle mentoring, volunteers partner with parent/guardians to spend time once a week with a young person, doing fun activities of their choice.

9620 SW Barbur Boulevard Portland, OR 97219 Phone: 503-977-6848 Web: girlscoutsosw.org

Leadership development organization for girls that features a collection of activities like earning badges, going on trips, selling cookies, exploring science, getting outdoors, and doing community service projects.

Girls Inc. of the Pacific Northwest

4800 SW Macadam Avenue Portland, OR 97214 Phone: 503-230-0054 Web: girlsincpnw.org

Develops research-based, informal education programs that encourage girls to take risks and master physical, intellectual, and emotional challenges. Major programs address math and science education, pregnancy and drug abuse prevention, media literacy, economic literacy, adolescent health, violence prevention, and sports participation.

Harper's Playground

1477 NW Everett Street Portland, OR 97209 Phone: 503-459-3515 Web: harpersplayground.org

Creates playgrounds that are inclusive for kids with different abilities by making them physically, socially, and emotionally inviting. There are several inclusive playgrounds across Oregon and SW Washington, and more in active development. See website for more information on specific locations.

Janus Youth Programs Inc.

707 NE Couch Street Portland, OR 97232 Phone: 503-542-4636 Web: janusyouth.org

Offers community-based programs in Oregon and Washington for homeless and runaway youth and teen parents. Other programs for youth include village gardens, scholarship funds, and residential services.

Junior Achievement of Oregon and SW Washington

7830 SE Foster Road Portland, OR 97206 Phone: 503-238-6430 Web: jaorswwa.org

Offers programs to local students from kindergarten through 12th grade that aim to give them the knowledge and skills they need to manage their money, plan for their futures, and make smart academic, career and economic choices. Programs focus on three key areas: work readiness, entrepreneurship, and financial literacy.

Portrait Connection

P.O. Box 265 Long Creek, OR 97856 Phone: 541-620-0752 Web: portraitconnection.org

Gifts fine art portraits to the families of children struggling with serious health conditions. Artists are commissioned to paint personalized portraits, each one capturing the personality of a child.

Rock'n Rooms

1204 NE Creeksedge Drive Hillsboro, OR 97124 Phone: 503-970-9432 Web: rocknrooms.org

Supports children who are fighting cancer and other life-threatening illnesses by making their hospital stay brighter with comforting room décor. Qualifying families can request a basket of room decorations online

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Share Your Feedback

Comments/Suggestions			
Organization Submission (1))	Organization Subr	mission (2)
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ADDRESS		ADDRESS	
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Please detach and return t	this form to: Children's Ca	ncer Association 1200 NW N	laito Pkwy Suite 140 Portland OR 9720
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