

HUMAN SERVICES RESOURCE GUIDE FOR TILLAMOOK COUNTY

Prepared by the volunteers of the
Poverty Task Force

Table of Contents

ADDICTIONS- ALCOHOL, DRUGS, TOBACCO	2
CHILD DEVELOPMENT, EDUCATION, AND CHILDCARE RESOURCES	3
DENTAL, MEDICAL, VISION	4
COUNSELING AND SELF-HELP	7
EMERGENCY	8
EMPLOYMENT TRAINING.....	9
FAMILY RESOURCES	9
CLOTHING / FURNITURE.....	10
FOOD.....	11
GOVERNMENT RESOURCES.....	13
HOUSING ASSISTANCE.....	14
HOUSING – LOW INCOME	14
LEGAL ASSISTANCE.....	15
RECREATION	17
RECYCLING	17
SENIOR CITIZEN SERVICES.....	17
TRANSPORTATION.....	18
TOLL-FREE HOTLINES.....	18

This guide was prepared by a dedicated group of volunteers who have done their best to identify services that would be helpful to people in crisis and distress in Tillamook County. There are many more resources out there that would be helpful to have, but in order to make this a manageable project we have tried to keep the focus fairly narrow.

If you think of other resources that should be a part of this guide please don't hesitate to email them to eskaar@careinc.org. We will do our best to put out revised versions of this guide on an annual or semi-annual basis as resources allow.

Thank you to everyone who has helped make this a reality.

ADDICTIONS- ALCOHOL, DRUGS, TOBACCO

Addictions & Family Counseling - 503- 842-3640
102 Stillwell Ave. Tillamook, OR 97141

Alcoholics Anonymous (AA) – 842-8958
5 Grove Ave., Tillamook, OR 97141

(Because locations and times change often, you are encouraged to call the numbers listed to learn the days and times of twelve-step meetings.)

NORTH COUNTY

Bay City Methodist Church
Garibaldi Church of Christ
Nehalem Bay Center

CENTRAL COUNTY

Tillamook United Methodist
Tillamook Hospital
Netarts Fire Hall

SOUTH COUNTY

Beaver Fire Hall
Pacific City Presb. Church

Al Anon -Support for families and friends of alcoholics.

NORTH COUNTY

Nehalem Bay Wastewater

CENTRAL COUNTY

Tillamook Hospital

SOUTH COUNTY

PC Presbyterian Church

Narcotics Anonymous (NA) – 503-717-3702 or 503-842-9000
Serenity Club, 5012 Third St, Tillamook OR 97141. 503-842-1115
Provides experience, strength, & hope for the recovering addict.

Alcohol & Drug Hotline (through Oregon Partnership). 1-800-923 HELP or 1-877-553-TEEN.
Offers 24-hour crisis prevention.

Ayuda Community Services – 503-640-5223
265 SE Oak, Hillsboro, OR 97123.

Alcohol/drug counseling in Spanish and English. Also provides anger management, women's treatment, and diversion counseling.

Tillamook Nazarene Church – 503-842-2549
Celebrate Recovery

Gamblers Anonymous - 503-842-8201 - or - 1-800-962-2851
Provides support for healing from addiction to gambling.

Oregon Tobacco Quit line - 1-877-270-7867 or 1-877-266-3863
Provides free counseling and support and, when funds permit, free nicotine replacement therapy products.

Overeaters Anonymous - 503-842-8171
Tillamook County General Hospital, 4th Floor Conference Room Mon. 5:30-6:30 p.m.

Stop Smoking Classes – 503-842-2270 or 503-842-4444

Tillamook Family Counseling Center, Inc. - 503-842-8201 or 1-800-962-2851
906 Main Ave. Tillamook, OR 97141

NARA/Native American Rehabilitation Assn - 503-621-1069
17645 NW St. Helen's Hwy., Portland, OR 97231
Help for individuals and families with addiction treatment and other resources.

CHILD DEVELOPMENT, EDUCATION, AND CHILDCARE RESOURCES

Head Start - 503-556-3736 www.nworheadstart.org

Head Start program information and Employment opportunities posted on web site. Head Start provides a comprehensive, family-focused preschool program serving children ages 3 and 4 years of age. This pre-kindergarten program provides family support, USDA approved meals, health screening, and limited transportation. Low-income and homeless families, foster and special needs children qualify. Applications are taken year round and the majority of children are selected before the end of June of each year. Families are encouraged to complete applications during the months of April, May, or June to enroll for the following school year. Business hours may be limited during the months of July and August.

There are three Head Start locations serving Tillamook County.

NORTH COUNTY

Neah-Kah-Nie Head Start Center 503-368-5103. nknheadstart@nehalem.tel.net
36050 10th St, PO Box 502, Nehalem, OR 97131
Contact Julie Lusby

CENTRAL COUNTY

Tillamook Head Start Center 503-842-5180 tillaheadstart@oregoncoast.com
Tillamook Early Childhood Education Center, 1100 Miller Ave. PO Box 713, Tillamook, 97141
Contact Monica Pyle

SOUTH COUNTY

Nestucca Valley Head Start Center 503-398-5175 kidsrus@oregoncoast.com
24730 Hwy 101 S. PO Box 177, Beaver, OR 97108
Contact Chris McClure

OSU Extension Child Care Resource and Referral – 1-877-333-4960

Provides information and referral for parents and resources for child care providers.
Contact Tara Mestrich

Cedar Creek Child Care Center – 503-392-4449

30720 Hwy 101, Hebo, OR 97122
Provides child care for children ages 6 weeks to 12 years. Preschool for children ages 3 and 4 and an after school program. The center serves USDA approved snacks and meals.

Healthy Start – 503-842-2773

2310 First St. Suite 2, Tillamook, OR 97141
A program designed to reinforce positive child relationships and quality care among families of newborns. Promotes health and positive child development during pregnancy, infancy, and early childhood, and other intervention services.

Little Clipper Preschool - 503-842-4544

2203 4th Street, Tillamook.
Provides Christian based preschool environment for 3 and 4 year olds.

New Discoveries Preschool – 503-368-3468
PO Box 191, Nehalem, OR 97131.
Parent run cooperative for children ages 3 to 5.

NWRES D – 503-842-8423
2410 Fifth Street, Tillamook
Northwest Regional Education Service District, Tillamook Service Center - For infants & young children with disabilities. A child may be found eligible because of disabilities involving development, motor skills, vision, hearing, autism, or speech. Also has a peer model program for children who are developing typically.

School District #56 Preschool - 503-355-2222
504 N 3rd St., Rockaway Beach, OR 97136.

Tillamook Bay Child Care Center – 503-842-5730
1100 Miller Ave, Tillamook, OR 97141
Provides child care for children ages 6 weeks to 12 years of age. Provides developmentally appropriate preschool for children ages 2 ½ and up. The center provides USDA approved meals and is state certified.

Tillamook Family YMCA – 503-842-9622
610 Stillwell, Tillamook, OR 97141
The YMCA provides a state certified center and after school location. USDA snacks are provided. Preschool program includes: Preschool swim lessons, large and small motor recreational programs included. SMART Reading held for preschool participants. Youth sports programs and swim lessons are also available. Scholarships are available to those who qualify.

Tillamook County Commission on Children and Families – 503-842-1812
The Commission is an advisory to the County Board of Commissioners. Assesses community services and oversees the disbursement of state and federal funds to the community based upon community assessments. Provides state and federal grant information for use by local agencies, and coordinates community awareness projects.

DENTAL, MEDICAL, VISION

A complete listing of current doctors and contact information: www.tillamoo.com

Dentistry –

Dr. Delon Gilbert, DDS, Family Dentistry - 503-368-7090
Senior and cash discounts, across from the Rinehart Clinic, 278 Rowe St, Wheeler, OR 97147

Tillamook County Health Department Dental Referral – 503-842-3900

OHSU Dental School – 503-949-8867 www.ohsu.edu/sod
611 Campus Dr. Portland, OR 97239

Medical -

Adventist Health – Tillamook County General Hospital - 842-4444 www.tcgh.com

This site includes information for many programs, including Hospice and Lifeline, as well as various support groups, services and classes.

Network of Care – www.oregonnetworkofcare.org –
Resources in Tillamook County

Bayshore Family Medicine- 503-965-6555
38505 Brooten Rd, Suite A, Pacific City, OR 97135

Chronic Illness Support Group -503- 815-2265
Tillamook County General Hospital 1000 3rd St., Tillamook, OR 97141
Provides on-going support for those living with chronic illness.

Citizens Alien Waved Emergency Medical (CAWEM) - 1-800-859-9517

Coastal Health Center - 503-842-3661
216 Cedar Avenue, Tillamook, OR 97141

DHS/ Self Sufficiency - 503-842-4453
4670 3rd Street, Tillamook, OR 97141
Provides medical assistance programs, food stamps, temporary assistance for needy families, emergency assistance, job training, and assistance with child-care costs.

NorthWest Senior and Disability Services – 503 842-2700 or 1-800-584-9712
5010 E. Third St. Tillamook, OR 97141
Information and referral services for seniors and those who are disabled and under age 65.

FHIAP (Family Health Insurance Assistance Program) 1-888-564-9669
www.oregon.gov/OPHP/FHIAP
PO Box 5880, Salem, OR 97304

Hospice Services of Tillamook County – 503 842-2588
Tillamook County General Hospital, 1000 3rd St. Tillamook, OR 97141
Provides nursing care, support and volunteers.

Leukemia Patient Aid Program- 503 245-9866
Provides financial assistance to individuals/families living with leukemia.

Lifeline -503 815-2498
Tillamook County General Hospital, 1000 3rd St., Tillamook, OR 97141
Provides in-home access medical help

Lifespan - Respite - 503 842-4444.
Tillamook County General Hospital, 1000 3rd St., Tillamook, OR 97141
Provides access to volunteer network of care providers

North Coast Home Care -503 842-8755
1142 Main Ave., Tillamook, OR 97141
Provides medical equipment & oxygen with home delivery available.

Oregon Health Plan - 1-800-359-9517

OHSU- 1-877-262-1538
PO Box 574, Portland, OR 97207-0574

Rinehart Clinic - 503-368-5182 or 1-800-368-5182
230 Rowe St., Wheeler, OR 97147

Salud Medical Center -Migrant & Community Health Center – 503-982-2000
2225 N. Pacific Hwy., PO Box 66, Woodburn, OR 97071
Medical, dental, and nutritional services- provided in Spanish, Russian & English.

Tillamook County Health Department (TCHD) - 503-842-3900
801 Pacific Ave. Tillamook, OR 97141
WIC & immunizations, family-based planning, sex education, seat belt education, nutrition, vital statistics, home visits, environmental health, counseling, AIDS counseling & testing, and breastfeeding consultation, and immunizations.

Health Center Locations:

CENTRAL COUNTY
801 Pacific Avenue,
Tillamook -
503-842-3900 or 1- 800-
528-2938

NORTH COUNTY
Rockaway Beach City Hall,
First Floor, 276 S Hwy
101, Rockaway Beach -
503-355-2700

SOUTH COUNTY
Charles Ray House
34335 HWY 101, Main
Floor, Cloverdale
503-392-4200

Tillamook Medical Group - 503- 842-5546
980 3rd St., Suite 200, Tillamook, OR 97141

Virginia Garcia Dental and Vision Clinic - 503-359-8505
P.O. Box 568, 44 North 11th Street
Cornelius, Oregon 97113

Wellspring/ Faith in Action - 1-800-356-2272 e-mail - Wellspring@ah.org

Vision -

Lighthouse Vision -503-842-6363
310 Stillwell Ave, Tillamook

Lions Club – Funds are available to help pay for vision exams for low income families without health insurance. Applications available at the TCHD case managers.

Oregon Eye Specialists - 503-842-1993
1000 Third Street, Tillamook, OR 97141

Tillamook Elks - 503-842-6623
Casey Eye institute assistance- Call the Tillamook Elks Club

Tillamook Vision Center – 503- 842-5568
800 Main, Tillamook, OR 97141

COUNSELING AND SELF-HELP

AIDS Network – 503-842-3900 www.coastalids.net
801 Pacific Ave., Tillamook, OR 97141
HIV/AIDS support group & information available through Tillamook County Health Department

A Place of Our Own – 503-842-7071
101 Madrona, Tillamook, OR 97141
A consumer-led support group and service provider for persons with chronic mental illnesses. Offers trained peer counselors for one on one work, as well as drop in center with classes and activities.

Association for Children with Learning Disabilities - 503-229-4439 www.ldor.org
3904 SW Kelly, Suite 100, Portland, OR 97201,
Information & referral for persons needing help with learning disability issues.

Boys & Girls Aid Society of Oregon – 1-877-932-2734 or 503-224-5960 www.boysandgirlsaid.org
Provides volunteer counseling 24 hours per day. Teenagers, runaways, pregnancy, counseling, alternative living situation.

DHS/Child Welfare – 503-842-5571
4670 3rd St., Tillamook, OR 97141
Family preservation services, parent training, child protective services, family & child counseling, referral, foster care, and adoption services for those who qualify.

Encuentro Family Service Center - 503-981-4214 ext. 25
120 E. Lincoln, Woodburn, OR 97071
Provides counseling to individuals and families in a variety of areas. Focus on migrant and Hispanic families and counseling for child victims of physical or sexual abuse.

Family Youth Services Team – 503-842-8201 www.co.tillamook.or.us/gov/CCF
A voluntary process for families who wish to coordinate community-based delivery of services. Services may consist of crisis intervention, counseling, or consulting.

Grief and Loss Support Group – www.tcgh.com/events
Tillamook County General Hospital, 1000 3rd St. Tillamook, OR 97141

Juvenile Services - 503-842-3417
201 Laurel Ave., Tillamook.

Marie Mills Center –503-842-2539.
1800 Front Street, Tillamook, OR 97141
Services for the Developmentally Disabled

NAMI (National Association for the Mentally Ill) 1-800-343-6264 or 503-230-8009
www.nami.org
3550 SE Woodard St., Portland, OR 97202.

Tillamook Family Counseling Center – 503-842-8201, (24-hour crisis line) or 1-800-962-2851
906 Main, Tillamook, OR 97141. www.tfcc.org
Provides case management to developmentally disabled population, mental health services & treatment for child-abuse prevention, crisis intervention, and addictions, including gambling. Family & general counseling, testing, and psychiatric services are available. Also provides parent training programs.

District Attorney's Victim Assistance Program -503-842-1241.
201 Laurel Ave., Tillamook, OR 97141

Women's Resource Center – 503-842-9486, 1-800-992-1679 TTY – 1-800-877-8973
1902 Second Street, Tillamook, OR 97141 www.tcwccsafe.org
A non-profit program for women and children which provides peer counseling, support for women with issues of emotional abuse, physical battering, sexual assault, or sexual harassment. Provides assistance with emergency food, shelter and transportation and restraining orders.

EMERGENCY

In case of a medical, police, or fire emergency call - 911

American Red Cross – Oregon Trail Chapter. 503-284-1234 www.oregonredcross.org

CARE - 503-842- 5261. www.careinc.org
2310 First St, Suite 2, Tillamook, OR 97141
Provides emergency financial assistance including rent, utility bills, medical needs and other emergency needs.

Disaster Services – 503-842-3446. www.tillamook.com/HumanServices.
Tillamook County Emergency Communications District, 2311 Third Street, Tillamook.

Federal Emergency Management Agency Information - 1-800-621-FEMA (1-800-621-3362)
(TTY 1-800-462-7285), or apply online at www.fema.gov

Crisis services – 24/7 crisis line. 503-842-8201
Tillamook Family Counseling Center,
Call and message service will have someone call you back.

Poison Control Center - 1-800-222-1222

Suicide Hotline - 1-800-273-8255

USA National Suicide Hotlines - 1-800-784-2433 or 1-800-273-8255.
TTY 1-800-799-4889

Women's Resource Center – 503-842-9486 or 1-800-992-1679 TTY 800-877-8973
1902 2nd St, Tillamook, OR 97141
Provides emergency assistance to women with issues of abuse or sexual assault.

EMPLOYMENT TRAINING

MTC – Management and Training Corp- 503-842-3244
2101 5th St. Tillamook, OR 97141 www.mtcworks.com/tillamook
Provides a variety of training and job skill opportunities to eligible applicants. Individualized programs for assistance with interviewing skills and resume development.

State of Oregon, Employment Division – 1-800-472-2903
Job Line: 842-4488, ext. 40 or 1-800-472-2903. Weekly Claim Line: 842-7492
Tillamook Office 503-842-4488 or 1-800-982-8920 www.oregon.gov/EMPLOY
3600 3rd St., Tillamook, OR 97141
Provides help getting people back to work by matching people who are looking for jobs with employers who are looking for employees. This Division also administers Unemployment Assistance.

Tillamook Bay Community College – 503-842-8222 www.tbcc.cc.or.us
4301 Third St, Tillamook, OR 97141

Vocational Rehabilitation - 503-842-7873
4670 Third Street. Tillamook, OR 97141
Job retraining through the Department of Human Services.

Worksource Oregon, Tillamook – 503-842-4488 Employment Services
1-877-877-1781 Unemployment Insurance
3600 Third St, Tillamook, OR 97141

FAMILY RESOURCES

Child Car Seat Info –1-800-772-1315. www.nhtsa.dot.gov

CASA – 503-842-8432
Court-Appointed Special Advocate -CASA volunteers act as advocates for children who are in the court system because they have suffered abuse or neglect & have been removed from their homes.

DIAL A RIDE- 503-815-8283
3600 Third St. Tillamook, OR 97141
Tillamook Transportation District - bus service, routes and fares
info@tillamookbus.com or www.tillamookbus.com

Family Youth Services Team – 503-842-8201 www.co.tillamook.or.us/gov/CCF
A voluntary process for families who wish to coordinate community-based delivery of services.
Services may consist of crisis intervention, counseling, or consulting.

OSU Extension Service- 503-842-3433 or 503-842-5708 Ext 213
2204 4th St, Tillamook, OR 97141 extension@oregonstate.edu/tillamook
Home economics program offers educational opportunities to help families and individuals manage their resources in areas relating to food, clothing, finance, shelter, parenting, human relationships, marine, agriculture, & dairy.

Tillamook County Elections & Voter Registration – 503- 842-3402
201 Laurel Ave., Tillamook, OR 97141
Provides voter information & registration.

Tillamook Family Counseling Center – 503-842-8201, ext 213
906 Main Ave., Tillamook, OR 97141
Provides community calendar information on parenting workshops or support groups. Many workshops are offered by community agencies throughout the County.

CLOTHING / FURNITURE

CARE Emergency Services – 503-842-5261 www.careinc.org
2310 First St. Suite 2 Tillamook, OR 97141.
Provides clothing and furniture vouchers for local thrift stores.

DHS/ Self Sufficiency – 503-842-4453
4670 3rd Street, Tillamook, OR 97141
Provides medical assistance programs, food stamps, temporary assistance for needy families, emergency assistance, job training, assistance with child-care costs, prenatal help. Must meet income guidelines.

Good Neighbors Program - 503-965-6320
Will provide food, clothing, shelter, gas and transportation to South County residents in need as funds are available. Low-income requirements.

Kit & Caboodle –503-842-8875
1911 1st Street, Tillamook, OR 97141.
Low cost clothing in thrift store setting which benefits Tillamook Association of Retarded Citizens (TARC) & Special Olympics. M-F, 10 AM - 3 PM.

Nestucca Pass it on Ministries – 503-398-2803

24425 Bunn Creek Road, Beaver, OR
Emergency food boxes Tues 10-1, Fri 4-6pm
Thrift store Mon, Wed, Sat 10 - 3

Seventh Day Adventist Community Outreach Center – 503-842-5815

2610 1st, Tillamook, OR 97141

Free clothing, household, and bread, Tu & Th, 10 AM - 2 PM
(Turn into Church parking lot, stay to the right, and follow gravel road to gray building).

Teen Challenge Thrift Shop - 503-842-4856

416 Main Street, Tillamook, OR 97141.

Benefits a faith-based drug and alcohol recovery program for teens.

The Wildflower Thrift Boutique - 503-842-2996

114 Main Street, Tillamook OR 97141.

Benefits the Women's Resource Center. Also has emergency clothes and supplies available.

North County Food Bank - 503-368-7724

278 Rowe St., Wheeler, OR

Emergency food boxes and free clothing also available - Tues 1-3pm

FOOD

First Christian Church– 503-842-6213

2203 4th, Tillamook, OR 97141

The Dining Room, Entrance 4th and Madrona Tues, Wed, Thurs 4-6pm

North County Food Bank - 503-368-7724

278 Rowe St., Wheeler, OR

Emergency food boxes and free clothing also available - Tues 1-3pm

Regional Food Bank of Tillamook County – 503-842-3154 ext. 1 cclifton@oregonfoodbank.org

2105 4th St. Tillamook, OR 97141 (a program of the Oregon Food Bank)

Food distribution to pantries and meal sites throughout Tillamook County

Tillamook Food Bank – 503-815-3880

3808 Twelfth St., Tillamook, OR 97141

Open Thursdays from 1-3 pm for emergency food boxes

Tillamook Christian Center – 503-842-6555

701 Marolf Loop, Tillamook, OR 97141

Food pantry

Food Roots – 503-842-3154, ext 2. www.foodrootsnw.org

PO Box 1275, Tillamook, OR 97141.

Exists to cultivate a healthy food system in Tillamook County. Community & school gardens, outreach, education, advocacy, on-going community food assessment, North Oregon Coast Food Guide, small business development.

God's Lighthouse Food Pantry – 503-322-3501

103 Eighth Street (on Hwy 101 N), Garibaldi, OR 97118.

Open every other Friday from 10:30-12:30 – emergency food boxes

Good Neighbors Program – 503-965-6320

Will provide food, clothing, shelter, gas and transportation to South County residents in need as funds are available. Low-income requirements.

Grub Club Feeding Programs - 503-842-3145, ext.1

Regional Food Bank of Tillamook County

Nestucca Pass it on Ministries – 503-398-2803

24425 Bunn Creek Road, Beaver, OR

Emergency food boxes Tues 10-1, Fri 4-6pm

Thrift store, Saturdays- Clothing and household.

St Alban's Episcopal Church Monday Night Supper Program - 503-842-6192

2102 Sixth Street, Tillamook, OR 97141

Serves a meal on Mondays 4-6 pm, downstairs in the Parish Hall.

St. Vincent de Paul Hotline - 503- 842-5586

Provides financial and other assistance with housing, utilities, and emergencies.

Salvation Army – 1-800-858-3556 or 503-812-3067

2105 4th St, Tillamook, OR 97141

Wednesdays – 1:30-4pm at the Laurel St. entrance

Seventh Day Adventist Community Outreach Center – 503-842-5815

2610 1st, Tillamook, OR 97141

Free clothing, household, and bread, Tu & Th, 10 AM - 2 PM

(Turn into Church parking lot, stay to the right, and follow gravel road to gray building).

Senior Brown Bay Program – 503-842-3154 ext 1 or 4

PO Box 1344 Tillamook, OR 97141

Regional Food Bank of Tillamook. Supplemental bag of groceries provided the last week of each month.

Tillamook Christian Center - 503-842-6555

701 Marolf Loop, Tillamook, OR 97141

Tues and Fri 11:00-12:00 – provides food boxes.

Tillamook Ecumenical Council (TEC). - 503-842-6192

St. Albans, 2102 Sixth Street, Tillamook, OR 97141.

Provides emergency funds and other help. M-Th 9-11am

GOVERNMENT RESOURCES

County Government : www.co.tillamook.us

Commission on Children and Families (CCF) - 503-842-1813
2410 Fifth Street, Tillamook, OR 97141.

Health Department - 503-842-3900
801 Pacific Ave., Tillamook, OR 97141

Veteran's Services - 503-842-4358.
3600 Third Street, Tillamook, OR 97141

Court House Offices

201 Laurel Avenue, Tillamook, OR 97141
County Clerk - 503-842-3402
County Commissioners - 503-842-3403
County Council - 503-842-3404
Circuit Court - 503-842-2597
District Attorney - 503-842-3410
District Court - 503-842-2598
Justice Court - 503-842-3416
Juvenile Court - 503-842-3417
Office of Vital Statistics - 503-731-4300
Sheriff - 503-842-2561, civil matters - 503-842-1241
Victims Assistance, Tel 503-842-1241

State of Oregon: www.oregon.gov
Governor - 503-986-1701
900 Court Street, Salem, OR 97310-1347 -

Social Security Administration - 1-800-772-1213

Tillamook Bay Community College – 503-842-8222 www.tbcc.cc.or.us
4301 Third St, Tillamook, OR 97141

Oregon Healthy Kids Program www.oregonhealthykids.gov
Child must be under the age of 19, live in Oregon and be a legal resident. Child must have been without health insurance for two months (there are exceptions for special circumstances). Free or low-cost health insurance coverage based on family income and size.

Online Application for Free and Reduced Priced Meals
<http://district.ode.state.or.us/apps/frlapp/default.aspx>

Oregon Prescription Drug Program www.opdp.org

Free enrollment for all Oregonians. Discounts on prescriptions, there is no paper work required and no age or income restrictions. All Tillamook County pharmacies accept OPDP.

Partnership for Prescription Assistance Oregon www.pparxor.org

HOUSING ASSISTANCE

DHS/ Self Sufficiency - 503-842-4453

4670 3rd Street, Tillamook, OR 97141

Provides medical assistance programs, food stamps, temporary assistance for needy families, emergency assistance, job training, and assistance with child-care costs.

NorthWest Senior and Disability Services – 503 842-2700 or 1-800-584-9712

5010 E. Third St. Tillamook, OR 97141

Information and referral services for seniors and those who are disabled and under age 65.

CARE Homeless Services – 503-842-5261

2310 First Street, Suite 2, Tillamook, OR 97141

Provides assistance with emergency financial assistance for rent and transitional housing programs.

CARE Low Income Energy Assistance Program (L.I.H.E.A.P.) Programs –503-842-5261

www.careinc.org

2301 First St, Suite 2, Tillamook, OR 97141

Location to complete applications for the federal LIHEAP program for utility payment assistance. Income limits apply.

Fair Housing Council – 1-800-424-3247. www.fhco.org OR information@FHCO.org

1020 SW Taylor, Suite 700, Portland, OR 97205-2512

Private non-profit fights illegal housing discrimination by enforcement, education, and outreach.

Habitat for Humanity - 503-842-7472 www.habitat.org

2610 Third Street, Tillamook, OR 97141

Neah Casa - 503-368-7391

North County program for affordable and emergency housing.

NOHA – 503-861-0119, or 1-888-887-4990

147 S. Main/ PO Box 1149 Warrenton, OR 97140 -

Northwest Oregon Housing Authority - Provides housing choice Section 8 voucher program for low income households.

Oregon State Tenants Association - 503-397-7737 www.tenant.net

3791B River Rd. N., Salem, OR 97303

HOUSING – LOW INCOME

Buel Apartments - 2214 Fifth Street, Tillamook, OR 97141 - 503-815-1577.

Cedar Plaza - 512 Cedar Street, Tillamook

Champion Park Apartments - 4317 Brookfield Ave., Tillamook, OR 97141 - 503-842-8787.

Echanie Court - 35435 Tohl Rd., Bayside Gardens, Nehalem, OR 97131 - 503-368-6809.

Evergreen Apartments - 3810 Twelfth Street, Tillamook, OR 97141 - 503-842-5524.

Gateway Apartments - 2312 First Street, Tillamook, OR 97141

Jerry Woodward Retirement Center - 2411 Fourth St., Tillamook, OR 97141 - 503-842-9339.

Meadow Glen Apts. - 4210 Marolf Loop, Tillamook, OR 97141 - 503-842-7193.

Myrtle Apartments -- 2307 Fourth Street, Tillamook, OR 97141 - 503-842-2955

Patio Apartments - 2503 Third Street, Tillamook, OR 97141

Pine Avenue Apts. - 403 Pine Avenue, Tillamook, OR 97141 - 503-842-2723.

Sandpiper Apts. - 2415 Eleventh Street, Tillamook, OR 97141 - 503-842-4882.

Sheridan Square - 895 Third Street, Tillamook, OR 97141 - 503-842-7193.

Shively Apartments - 702 Chestnut Drive, Tillamook, OR 97141 - 503-842-2569 OR 4515.

Tillamook Apts. (Rendezvous) - 218 Pacific Ave., Tillamook, OR 97141 - 503-842-5453.

Windsor Apartments - 604 Main Avenue, Tillamook, OR 97141 - 503-842-2668.

Kilchis House Assisted Living – 4212 Marolf Place, Tillamook, OR 97141 – 503-842-2204

Nehalem Bay House Assisted Living – 35385 Tohl Ave, Nehalem, OR 97131 – 503-368-6445

LEGAL ASSISTANCE

CASA – 503-842-8432

Court-Appointed Special Advocate -CASA volunteers act as advocates for children who are in the court system because they have suffered abuse or neglect & have been removed from their homes.

Catholic Charities Immigration Services - 503-542-2855

901 SE Oak Street, Suite 105, Portland, OR 97214

Provides free individual consultations, presentation and forms. You do not have to be Catholic to receive help.

Child Support Enforcement - 503-842-3411.

Disability Claims, 1-800-742-9696 or 212-677-6699 www.binderandbinder.com
Binder and Binder, 315 Park Avenue, Ste 1600, New York, NY 10010,

Disability Claims Atty. - 1-800-690-3644, or 503-842-3644
2106 Fourth St. Tillamook, OR 97141

District Attorney - 503 842-3410 www.co.tillamook.or.us\gov\DA.
201 Laurel, Tillamook, OR 97141

Provides enforcement of any current or past child support ordered by a court. Will establish support orders for any parent responsible for minor children. Victim assistance available (crime-victim compensation).

Immigration Counseling Services - 503-221-1689. www.immigrationservices.org
509 Park Avenue, Suite 610. Portland, Oregon 97205

Hood River Legalization Project - 541-386-3433
205 Oak St. Rm. 15 Hood River, Or 97031
Tues / Thurs 1:00-5:00pm,-

Juvenile Services -503-842-3417.
201 Laurel Ave., Tillamook, OR 97141
Provides services to families

Lawyer Referral Service of the Bar Association of Portland - 1-800-452-7636, or 503-684-3763
PO Box 1689, Lake Oswego, OR 97435

Legal Aid Services of Oregon - 503-648-7163 or 1-800-245-4091
230 NE 2nd Suite A, Hillsboro, OR 97124
Tenant hotline 503-648-7723. Public benefits hotline -1-800-520-5292

Mexican Consulate - 503-274-1442 or 503-229-0790
Provides advocacy for Mexican Nationals. Does not provide legal or immigration information -

Oregon Law Advocacy Center - 1-800-452-1694, or 541-664-3024.
Benefits specialist - 1-800-452-1694.
Provides advocacy for equal rights and against discrimination for the disabled.

Social Security Administration – 503-325-3703
115 W. Bond, P. O. Box 475, Astoria, OR 97103

Tele-Law –1-800-452-4776
Provides recorded messages of general law information by calling toll-free. Available in Spanish.

Tillamook County Elections & Voter Registration – 503-842-3402
201 Laurel Ave., Tillamook Contact: County Clerk –

Women's Resource Center - 842-9486 or 1-800-992-1679 TTY 1-800-877-8973
1902 2nd St, Tillamook, OR 97141

Assist victims of abuse or sexual assault with protection orders and self-help divorce papers.

RECREATION

There are City Parks in Tillamook, Nehalem, Rockaway, Garibaldi, and Manzanita

Food Roots – 503-842-3154 ext 2 www.foodrootsnw.org

PO Box 1275, Tillamook, OR 97141

Exists to cultivate a healthy food system in Tillamook County. Community & school gardens, referrals to gardens and programs.

YMCA – 503-842-9622

610 Stillwell Ave., Tillamook

YMCA offers two salt water chlorine generating swimming pools, gymnasium, four handball/racquetball courts, cardio and weight room facility, two family changing rooms, elevator, indoor walking/jogging track, and full facility locker-room. Programs available for kids, adults, and family include aerobics, water fitness, youth sports, swim lessons, and adult sports. Financial assistance available for family recreation programs.

RECYCLING

Cart'M Recycling – Manzanita - 503-368-7764

Don Averill Recycling- Eckloff Road, Tillamook - 503-842-4588

Pacific Transfer, Pacific City - 503-965-6898

Public Works / Recycling Information

503 Marolf Loop, Tillamook Call (503)842-3419 Recycling Tel 503-815-3975

SENIOR CITIZEN SERVICES

AARP -American Association of Retired Persons – 355-2736 or 355-2171

Tillamook Chapter #1500

Senior Citizens Hall, Rockaway Beach, OR.

Alzheimer's Support Group -503-815-2265

Tillamook General Hospital, 1000 3rd St., Tillamook, OR 97141

Provides support for patients and families.

Grandparents Raising Grandchildren support Groups- 503-842-8201

Tillamook Family Counseling, 806 Main, Tillamook, OR 97141

Medicare - 1-800-633-0778

Medicare Part D - 1-800-633-4227 (1-800-MEDICARE)

NorthWest Senior and Disability Services – 503 842-2700 or 1-800-584-9712
5010 E. Third St. Tillamook, OR 97141
Assistance with in-home help, assisted living situations and nursing home care.

Ombudsman –1-800-522-2602
Provides protection for the rights of people in long-term care by attempting to resolve complaints and be sure that each client's dignity is maintained.

Senior Center – 503-842-4511
316 Stillwell Ave., Tillamook, OR 97141

Wellspring Respite - 503-842-4444, ext 2272
Daytime care for the disabled elderly as relief for caregivers. Through Tillamook Hospital Homecare.

Senior Lunch Meal sites
Meals for seniors 60+ and their spouses of any age.

United Methodist Church, 10th & A St., Nehalem - 503-368-5612

St. Mary's By the Sea Church, 34560 Parkway Dr., Rockaway - 503-355-2345

Senior Citizen Center, 316 Stillwell Ave., Tillamook - 503- 842-9660

Kiwanda Senior Center, 35490 Brooten Rd., Pacific City - 503-965-7666

TRANSPORTATION

DIAL A RIDE- 503-815-8283 info@tillamookbus.com or www.tillamookbus.com
Post Office Box 188 Tillamook, OR 9714
Tillamook Transportation District - bus service, routes and fares

The Wave –503-815-8283 or 1-800-815-8283 info@tillamookbus.com
Provides bus services for all ages throughout Tillamook County. Transportation routes vary within the County and outside of the County. Handicapped access. Call for current information.

Northwest Ride Center – 1-866-811-1001
Free Medicaid Transport to and from medical and counseling appointments within Tillamook County.

Taxi Service – 503-842-5175
Kenny G Cab Company

TOLL-FREE HOTLINES

AIDS Hotline: 1-800-777-AIDS
AFS - Adult & Family Services: 1-800-527-5772
American Heart Association of Oregon: 1-800-452-9445
Arthritis Foundation, Oregon Chapter: 1-888-845-5695
Baby Care Hotline: 1-800-523-6633 (Beechnut)
Bankruptcy Advice: 1-800-379-0985
CAWEM (Citizens Alien Waived Emergency Medical): 1-800-359-9517
Child Abuse Hotline: 1-877-302-0077
Child Care Subsidy Hotline: 1-800-424-2246
Child Find Hotline: 1-800-426-5678
Child Support Enforcement Hotline: 1-877-696-6775
Cocaine Abuse Hotline: 1-800-COCAINE
Consumer Credit Hotline: 1-800-634-2227
Debt Relief Hotline: 1-800-291-1042
Discount Prescriptions: 1-800-291-1206
Domestic Violence Hotline: 1-800-799-7233 or 1-800-799-7233
Dougy Center for Grieving Children: 1-866-775-5683
Educational Financial Aid: 1-800-621-3115
Employment Division, State of Oregon: 1-800-237-3710
Food Stamp Hotline: 1-888-997-4447; 1-800-453-4000, 1-800-SAFENET
Gamblers Anonymous: 1-800-962-2851
Handicapped Programs Information: 1-800-424-8567
Head Lice Information: 1-800-432-3542 (Nix)
Health Information: 1-800-336-4797
Immunization Alert Hotline: 1-800-980-9431
Information & Referral Services - Oregon Clearing House CCRR: 1-800-342-6712
Juvenile Justice Clearinghouse: 1-800-638-8736
Mental Health Association of Oregon: 1-800-452-5011
Missing Children's Clearinghouse: 1-800-282-7155
Mortgage Payment Assistance: 1-800-750-8956
NAMI - OREGON (Oregon Alliance for the Mentally Ill): 1-800-343-6264
National STD (Sexually Transmitted Disease) Hotline: 1-800-227-8922, see also AIDS Hotline
Office of Medical Association Program: 1-800-527-5772
Oregon Council on Alcoholism Helpline: 1-800-621-1646
Oregon Health Plan: 1-800-359-9517
 To switch providers of OHP call 1-800-699-9075
Oregon Health Plan (to switch medical providers or dental plan): 1-800-699-9075
OHSU: 1-877-262-1538
Oregon Hotline for Women: 1-800-SAFENET
Oregon State Bar Referral: 1-800-452-7636
Parents Without Partners: 1-800-637-7974
Poison Control Drug Information Center: 1-800-222-1222
Road Conditions: 511, OR 1-800-977-6368
Runaway Hotline: 1-800-231-6946
SCF (Services to Children & Families): 1-800-556-6616
Safenet: 1-800-723-3638
Senior Citizen Legal Advocate: 1-800-222-3884
Smoke Free (Stop Smoking Line): 1-877-270-7867 or 877-270-7867
Social Security Administration: 1-800-772-1213
Substance Abuse Treatment Referral Hotline: 1-800-662-HELP
Tenant Hotline (M, 9 AM- 12 noon): 1-541-648-7723

U.S. Consumer Product Safety Commission: 1-800-638-2772
Veterans Hotline: 1-800-827-1000
Welfare Hotline (M, W, & F, 9 AM-12 noon): 1-541-648-0513
Women's Resource Center 24 hour hotline: 503-842-9486 or 1-800-992-1679