

Clatsop County Resource Directory



2021

Produced By:

**Clatsop Community
Action**

Available electronically at: www.ccaservices.org



Quick Number List

Clatsop Behavioral Health.....	503-325-5722
24 Hour Crisis Line.....	503-325-5724
Clatsop Community Action	503-325-1400
CCA Regional Food Bank.....	503-861-3663
Clatsop County Dept of Public Health.....	503-325-8500
Clatsop County Veteran's Services Officer.....	503-791-9983
Coastal Family Health Center.....	503-325-8315
Community Action Team.....	503-325-8098
Department of Motor Vehicles (Astoria).....	503-325-3951
Department of Veteran's Affairs.....	800-828-8801
Military Helpline.....	888-457-4838
NW Oregon Housing Authority (NOHA).....	503-861-0119
Northwest Senior & Disability Services.....	503-861-4200
Oregon DHS—Child Welfare.....	503-325-9179
Oregon DHS—Self-Sufficiency Program.....	503-325-2021
Oregon DHS—Vocational Rehab.....	503-325-7335
Oregon Employment Department.....	503-325-4821
Social Security Administration.....	800-772-1213
Sunset Empire Transportation “The Bus”.....	503-861-7433
The Harbor—Domestic & sexual assault support....	503-325-3426
24 Hour Crisis Line.....	503-325-5735

National Runaway Switchboard/ Safeline: **800-786-2929**

Legal

Legal Aid Services of OR: **877-296-4076** / Tenant Hotline: **503-648-7723**

Modest Means Program (Lawyer Referral Service): **800-452-7636**

National Criminal Justice Reference Svc (NCJRS): **800-851-3420**

Victims of Sex Offenders (status for prison, release, parole) : **800-551-2934**

Youth Problem Solvers (Lawyer Referral): **800-452-7636**

LGBTQ

Gay Men's Health Crisis Hotline: **800-243-7692**

LGBTQ National Hotline: **888-843-4564** glbhotline.org

Trans Lifeline:**877-565-8860**

Trevor Lifeline (Suicide Crisis)– **866-488-7386**

SAGE Elder Hotline (seniors): **888-234-7243** / Youth Talkline: **800-246-7743**

Mental Health/ Suicide Hotlines

Clatsop Behavioral Healthcare: **503-325-5724 (Crisis Line)**

Hospice Care/ Grief Support Group: **503-338-6230**

National Alliance for the Mentally Ill (NAMI): **800-950-6264**

National Hopeline Network (Suicide Prevention): **800-442-4673**

Suicide & Crisis Hotline: **800-273-8255** or **503-325-5724**

Other Services—Catholic Charities: 503-231-4866

National Org. of Social Security Claimant Representatives: **800-431-2804**

Oregon Disabilities Commission: **800-282-8096**

Oregon Telephone Assistance Program (OTAP): **800-848-4442**

Internal Revenue Services (IRS): **800-829-1040**

Pregnancy Crisis Hotlines

Birthright: **800-550-4900**

Coast Pregnancy Clinic: **800-669-8717** or **503-325-9111**

Open Adoption & Family Services: **800-772-1115**

Planned Parenthood: **888-576-7526**

The Boys & Girls Aid Society of Oregon: **800-342-6688**

Veteran Services

Veterans Benefits and Services: **800-827-1000/** Financial: **800-828-8801**

Veterans Crisis Line: **800-273-8255 / 1** or text to **838255**

AFFORDABLE HOUSING LIST

CITY	NAME	ADDRESS	PHONE
Astoria	Astor Apts./Mod Rehab Prog.	1423 Commercial St	503-861-0119 x113
Astoria	Astoria Gateway Apts.	2775 Steam Whistle Way	503-325-2882
Astoria	Astoria Gateway Apts. II	2850 Marine Dr	503-325-4184
Astoria	Bayshore Apartments	1400 W Marine Dr	503-325-1749
Astoria	Bayview Cottages	783 W Marine Dr	503-325-4096
Astoria	Cavalier Court Apts.	91817 Hwy 202	503-468-8753
Astoria	Community Property Mgmt.	175 14th St	503-325-5678
Astoria	Elmore Apartments	687 14th St	503-325-4963
Astoria	Emerald Heights	1 Emerald Dr	503-325-8221
Astoria	Hilltop Apts. (CCA)	364 9th St	503-325-1400
Astoria	KD Properties	200 Nehalem Ave	503-325-3323
Astoria	Meriwether Village	101 Madison	503-325-3072
Astoria	Owens-Adair Apartments	1508 Exchange St	503-861-0119 x113
Cannon Beach	Elk Creek Terrace	357 Elk Creek Rd	503-436-9562
Cannon Beach	Shorewood Estates	1121 Spruce Ct	503-436-9709
Hammond	Columbia Pointe Apts	500 Pacific Dr	503-791-3703
Hammond	Parkview Commons Apts	421 NW Ridge Rd	503-861-6031
Seaside	Beach Property Mgmt	800 N Roosevelt	503-738-9068
Seaside	Clatsop Shores	2561 N Roosevelt Dr	503-861-0119 x113
Seaside	Creekside Village Apts.	1953 Spruce Dr	503-738-6880
Seaside	Hudson's Point Apts.	1021 S Downing	503-738-9482
Seaside	Salmonberry Knoll	1250 S Wahanna Rd	503-717-1120
Seaside	Sandhill Apartments	150 S Wahanna Rd	503-738-5475
Seaside	The Retreat	2160 Lewis & Clark Rd	844-879-0142
Seaside	Waterfront Property Management	120 N Roosevelt Dr	503-738-2021
Warrenton	Alder Court	235 SW Alder Court	503-861-0119 x113
Warrenton	Bayview Apartments	50 NE 1st St	503-861-3721
Warrenton	Birch Court Apts.	216 SW 2nd St	503-861-1296
Clatsop County	NOHA	147 S Main Ave, Warrenton	503-861-0119 x113

Senior	Disabled	Subsidy	WEBSITE / ALT #
		X	
62+	X	X	cascade-management.com/propertysearch
		X	cascade-management.com/propertysearch
			princetonproperty.com
			Alt phone# 503-470-9578
			cavaliercourtapartments.com
			easomproperty.com
			emeraldheightsapartments.com
			ccaservices.org/housing/hilltop-apartments
			kdproperties.info/12243.html
X	X	X	E-mail: meriwether@ipmco.com
X	X	X	nwoha.org/noha-properties.php
			apartmentfinder.com/Oregon/Cannon-Beach-Apartments
			apartmentfinder.com/Oregon/Cannon-Beach-Apartments
			youmextrental.com
			nwoha.org/noha-properties.php
		X	
			Alt phone# 844-352-3598
		X	
			sandhill.prospectportal.com/seaside
			apartmentfinder.com/Oregon/Seaside-Apartments
			facebook.com/waterfrontmgt/
X	X	X	nwoha.org/noha-properties.php
			norris-stevens.com/bayview-apartments
			norris-stevens.com/birch-court
			nwoha.org

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Clatsop Behavioral Health (CBH)

Astoria: 2120 Exchange St. Suite 301 Children and Families, Suite 203 Adults

Seaside: 318 S Holladay. Adults, Child, and Families

Corporate Office: 65 N Holiday 101, Suite 204, Warrenton

Crisis Line: 503-325-5724

Main Office 503-325-5722, Seaside 503-717-5505 clatsopbh.org/

Mental Health

- Information and Referral
- Child/Adolescent (3-18 years) and Adult (18 +) Outpatient Counseling
- Psychiatric Medication & Prescription Drug Assistance, as appropriate
- Case Management for Chronic Mental Illness, as appropriate
- Therapy and Skills-Training Groups for Children and Adults
- Project Intercept: early intervention for psychotic disorders (ages 14-25)
- Crisis Intervention and Stabilization Services
- Court-Mandated & Voluntary Individual & Group Outpatient Treatment

Fees

- Private Insurance / Oregon Health Plan / Medicare

Clatsop Community Action (CCA)

364 9th St Astoria 503-325-1400 Fax: 503-325-1153

ccaservices.org Community Resource Desk: 503-717-7176

- Temporary & Transitional Rental Assistance
- Case Management
- Transitional & Low-Income Housing
- Personal Care Pantry: hygiene, cleaning supplies & infant care items
- Information & Referral Services
- Energy Assistance Program / Wood Lot Program
- Veteran's Support Services for veterans and their families
- Clothing Vouchers
- Community Resource Desk at Providence Seaside Hospital
- Community Resource Desk at CMH Urgent Care in Warrenton

Clatsop Community Action Regional Food Bank

2010 SE Chokeberry Ave, Warrenton
503-861-3663 ccaservices.org/

Emergency food for pantries, meal sites, shelters, and food programs.

Clatsop County Department of Public Health

820 Exchange St, Suite 100, Astoria, OR 97103
503-325-8500 co.clatsop.or.us/ or find CCDPH on Facebook

Babies First Open to pregnant women and children ages 0-5. Registered nurses provide families support and resources they need to be healthy. No cost if eligible.

Breastfeeding & Lactation Support provided by registered nurses who are also lactation consultants (IBCLC).

CaCoon Registered nurses provide services to families who have children and youth ages 0-21 with special needs. No cost if eligible.

Communicable Disease Control Investigation, screening and control of diseases that endanger the health of our community.

Environmental Health Inspect and enforce standards for food service, child daycare facilities, traveler accommodations, and certain public recreation facilities. Also inspect and monitor public drinking systems.

Family Planning Birth Control, emergency contraception, health exams, testing for infections & pregnancy, health education & referrals. If eligible, provided at low to no cost.

HIV Services Confidential testing.

Immunizations Infants, children, teens and adults.

Sexually Transmitted Infections Confidential testing and treatment.

Tobacco Prevention & Health Education Provides educational materials, technical assistance & referrals about tobacco and other health-related issues.

Vital Statistics Issue Birth Certificates (within first six months) and issue Death Certificates (within first six months).

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Clatsop County Department of Public Health (continued)

Women, Infants & Children (WIC) Nutrition education & supplemental food vouchers to promote good health for pregnant, breastfeeding and postpartum women, infants and children to age 5.

Clatsop Community Developmental Disability Program (CDDP)

65 N. Highway 101, Suite 210, Warrenton

503-325-5722 clatsopbh.org/developmental-disabilities

Developmental Disability Program serves children and adults with intellectual and developmental disabilities (ie: Down Syndrome, Cerebral Palsy, Autism, Traumatic Brain Injury, etc.). The program works closely with other agencies to help with advocacy, in-home services, residential services, employment, abuse investigations, and more.

Coastal Family Health Center

2158 Exchange St Suite 304, Astoria

503-325-8315 Fax: 503-325-8602 yfwc.org/

- Family primary care provider
- Adolescent healthcare and Well Child Checks
- Chronic disease management & comprehensive healthcare
- Discount pharmacy & laboratory services
- Immunizations & physicals
- Men's & women's healthcare
- Patient education
- Insurance assistor & sliding scale medical services
- Referrals for dental, mental health, substance abuse & specialized care
- Inhouse Lab
- Mail order prescriptions

Columbia Memorial Hospital (CMH)

Main campus columbiamemorial.org

2111 Exchange St. Astoria 503-325-4321 fax is different for each dept.
Inpatient suites, an emergency department that is staffed by emergency medicine physicians from OHSU, a family birthing center, surgical program, full-service lab, advanced radiology services, insurance assistors, and more.

Health & Wellness Pavilion

2265 Exchange St., Astoria 503-325-4321 fax is different for each dept.
Located adjacent to the hospital, is home to many of our specialty service providers, Urgent care, and our Women's Center.

CMH-OHSU Knight Cancer Collaborative

1905 Exchange St., Astoria 503-338-4085 fax is different for each dept.
Located adjacent to the hospital, facility expands existing medical oncology and chemotherapy treatment services, and bring needed radiation oncology and radiation therapy to the North Oregon Coast.

Warrenton Primary Care and Urgent Care

1639 SE Ensign Lane, Suite B103, Warrenton, OR 97146 503-338-4500
Fax: 503-338-4501 After hours for urgent needs: 503-298-4963
extended hours, x-ray and lab services.

Northwest Oregon Housing Authority (NOHA)

147 S Main Ave, Warrenton

503-861-0119 / Fax 503-861-0220 / <http://www.nwoha.org/>

Geographical Area Served: Clatsop, Columbia, and Tillamook Counties

- Housing Choice Voucher program (Section 8) including Family Self-Sufficiency and Home Ownership programs
- Affordable housing units in Warrenton, Seaside, Tillamook, and St. Helens
- Subsidized housing in Astoria (Moderate Rehabilitation) and Nehalem (Rural Development USDA)
- Subsidized housing for elderly and disabled in Warrenton and Astoria

Northwest Senior and Disability Services (NWSDS)

2002 SE Chokeberry Ave, Warrenton

503-861-4200 Fax: 503-861-0934 Toll Free: 800-442-8614

nwsds.org/locations/clatsop-county/

Older American's Act Programs for those 60 & older

- Training programs for caregivers & licensing of Adult Foster Homes
- Senior nutrition program (home delivered meals & meal sites)
- Senior Health Insurance Benefits & Prescription Drug Assistance (SHIBA)
- Oregon Project Independence (OPI)

Services for seniors & people with disabilities (eligibility requirements apply)

- Information & referral services / SNAP (Food stamps) / Medicaid
- Assess & evaluate service needs for placement
- Home Care Worker Registry for families who want to hire a caregiver

Adult Protective Services 800-846-9165

- Responds to reports of abuse /neglect for seniors and disabled persons

Oregon Department of Human Services

450 Marine Drive, Astoria / <http://www.oregon.gov/dhs/Pages/index.aspx>

Child Welfare Programs, Suite 210

503-325-9179 Toll Free: 800-643-4606 / 503-325-2894 (TTY)

- Child Protective Services—respond to child abuse reports
- Voluntary Family Services—abuse prevention program
- Adoption services / Foster Care

Self Sufficiency Programs, Suite 200

503-325-2021 Toll Free: 800-643-4606 / 503-325-2894 (TTY)

- Supplemental Nutrition Assistance Program (**SNAP**—formerly Food Stamps)
- Temporary Assistance for Needy Families / JOBS Program (TANF)
- Employment Related Day Care (ERDC)
- Domestic Violence Assistance (TA-DVS)
- Refugee Cash Assistance (RCA)

Oregon Employment Department (WorkSource)

450 Marine Drive, Astoria

Oregon Employment Dept, Suite 110 503-325-4821 / 800-643-5709
oregon.gov/EMPLOY/pages/index.aspx

Employment services for unemployed, under-employed or looking for different employment. Provides education on applications & resumes, interview & job-search skills.

WorkSource, ResCare Suite 110 503-325-9511

“One-Stop” employment center. Provide eligible individuals with computer training, resume preparation and job search skills. Programs available to help local youth such as mentoring, school credit recovery and GED preparation.

Easter Seals (SCSEP), Suite 110 503-325-4821 Ext. 244

Senior Community Service Employment Program (SCSEP). Trains individuals 55 & older to become successfully employed.

Vocational Rehabilitation Services, Suite 110 / 503-325-7335

OVRS assists individuals with disabilities in getting & keeping a job that matches their skills, interests and abilities. Works to develop employment opportunities for people with disabilities.

- Benefit verifications to beneficiaries
- Provide benefit estimates to assist with retirement decisions
- Take subsidy application for Medicare Part D

Providence Medical Group

Providence Seaside Hospital oregon.providence.org/

725 S. Wahanna Road, Seaside 503-717-7060 Fax: 503-717-7451

Providence Seaside Hospital—Partner for Seniors 503-717-7174

Providence Seaside Hospital—Extended Care Unit

725 S. Wahanna Road, Seaside 503-717-7120

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Providence Medical Group (continued)

Providence Medical Group-North Coast Clinics

- **Cannon Beach**—171 N. Larch Suite 16, 503-717-7400
- **Seaside**—727 S. Wahanna Rd, 503-717-7060
- **Walk-In Clinic**—open 7am-7pm daily in Seaside
- **Warrenton**—171 S. highway 101, 503-861-6500

Providence Cancer Care Oncology & Hematology Care Clinic

727 S. Wahanna Rd Suite 100, Seaside 503-717-7650

Providence ElderPlace North Coast

1150 N Roosevelt Dr. Suite 104, Seaside 503-717-7850

Providence Heart Clinics—North Coast 503-717-7850

- 1355 Exchange St, Astoria
- 727 S. Wahanna Rd Suite 230, Seaside

Providence Home Health Services 503-717-7788

Providence Rehabilitation Services-Gearhart

3621 Highway 101 N., Gearhart 503-717-7789

Social Security Administration

1479 SE Discovery Lane, Suite A-130, Warrenton, OR 97146
800-772-1213 TTY 800-325-0778 ssa.gov

- Assist with the appeals process when someone is denied benefits
- Issue replacement Medicare cards
- Maintain the accuracy of the earning records for workers
- Make overpayment determinations and initiate recovery
- Make representative payee determinations
- Process applications for: Medicare, original & duplicate Social Security Numbers, and survivor & disability benefits including supplemental Security Income claims and continuing disability reviews
- Changes of address, phone number & direct deposit for beneficiaries

Sunset Empire Transportation “The Bus”

900 Marine Drive, Astoria

503-861-7433 TTD 800-735-2900 ridethebus.org

Provides bus service in Clatsop County on various fixed routes.

RideAssist 503-861-7433 option #2

Provides public transportation to persons with disabilities who are unable to use regular fixed route buses. Must be scheduled at least 1 day in advance.

Call for more information.

RidePal 503-861-5361

Seniors and people with disabilities are partnered with community volunteers to learn how to ride the bus safely and independently.

Northwest Rides

(503) 861-0657 / Toll Free (888) 793-0439

NW Ride Center provides transportation or gas reimbursement for eligible health plans & Medicaid clients traveling to covered medical services: need to call at least 2 days in advance if possible.

The Harbor

801 Commercial St (lower level), PO Box 1342, Astoria. harbarnw.org/

503-325-3426 Administration: 503-325-4962 Fax: 503-325-7101

Provides intervention & prevention services for survivors of domestic violence, sexual assault, and stalking including trauma recovery counseling & groups.

SA (Sexual Assault) Peer Center

The case managers at The Harbor in our SA Peer Center are specially trained to identify the survivors needs, explain their options, connect them with appropriate resources and answer questions regarding trauma responses. The SA Peer Center case management program ensures that sexual assault survivors have ongoing support and information based upon empowerment and trust.

24 hour Crisis Line: 503-325-5735 / 1-877-770-5735

COMMUNITY

CULTURAL ORGANIZATIONS

Lower Columbia Hispanic Council

1373 Duane St. Astoria, Oregon

503-325-4547 or Facebook

lchispaniccouncil.org/

Serves the Hispanic community of the Lower Columbia area in promoting health, education, social, and economic advancement.

FREE / LOW-COST CLOTHING

Astoria Rescue Mission

62 W Bond (PO Box 114), Astoria

503-325-6243 (Men's)

503-325-4537 (Women's)

astoriamission.com/

Provides clothing free of charge, emergency shelter, and meal service.

Children's Clothing Bank

Warrenton First Baptist Church

30 NE 1st St, Warrenton

503-338-6073 or 503-861-2432

Free clothing age 0-12 yrs. Open 1st & last weekend of mo. Fri 3-6pm/Sat 10am-1pm.

NW Community Alliance Thrift Store

207 7th St, Astoria 503-325-1011

Clothing, small appliances, & furniture.

First Impressions/Second Chance

Astoria First Baptist Church

349 7th St, Astoria 503-325-1761

First Impressions: Professional clothing for employment. Referral from a social

service agency to visit.

Second Chance: free clothing as available
Clothing voucher from CCA needed prior to visit. Hours are M & W 10:00 am-12:00pm & W-Th 1:00 pm—3:00 pm

Goodwill

1450 SE Discovery Ln, Warrenton

503-861-9517 meetgoodwill.org/

Low-cost second hand clothing, shoes, household goods, & furniture.

RECREATIONAL ACTIVITIES

Astoria Parks and Recreation (ARC)

1555 W. Marine Dr, Astoria 503-325-7275

Maintains various community parks, athletic fields, programs, and events for children, families, and adults. *Scholarship program is currently on pause.*

astoriaparks.com/dept/Parks_Recreation

Astoria Aquatic Ctr

1997 Marine Dr, Astoria 503-325-7027

Swimming, swimming lessons, and fitness classes. Fees apply.

Port of Play

785 Alameda, Astoria 503-325-8669

Hands-on recreational activities for children; fee per child (adults are free) and monthly "Parents Night Out" child care events.

Lil' Sprouts Academy 503-325-8669

785 Alameda Ave (second floor)

Child care & preschool for ages 6m-6y.

Astoria Public Library

450 10th St, Astoria 503-325-7323

astorialibrary.org/dept/library

Free book check out for Astoria residents. Children's reading programs.

Astoria Senior Center

1111 Exchange, Astoria 503-325-3231

Exercise classes, bingo, bridge, pinocle, movies, and more

Blood Pressure checks: Wed., 12-2pm

Columbia Senior Diners: Mon-Fri, 11:30-12:30pm, meal delivery as requested, fees apply.

Bob Chisholm Community Center

1225 Ave. A, Seaside 503-738-7393

sunsetempire.com/

The Community Center hosts activities for all ages: weddings, educational events, clubs and organizations of all types, hearing tests, marshal arts for all ages, flu shots, health screening, hearing services, info & referral, and more. *Senior Meals:* Lunch M-F at 11:45am for 60+. Small donation suggested, not mandatory.

Home Delivery: M, W & F, 9-11am.

Boy Scouts of America

971-806-4582 www.cpcbsa.org or Facebook

Prepares boys 7-20 & girls 14-20 to make ethical & moral choices through service, mentoring & leadership development.

Camp Kiwanilong

PO Box 128, Warrenton 503-861-2933

campkiwanilong.org/

Summer camp opportunities for youth.

Clatsop Community College Library

Dora Badollet Library

1680 Lexington, Astoria

503-338-2462 clatsopcc.edu/library

Non-students may use internet and library space free of charge, book check out for students or paying patrons, or inquire about free limited checkout through the Oregon Library Passport Program

Columbia River Maritime Museum

1792 Marine Dr, Astoria

503-325-2323 crmm.org/

Interactive exhibits that combine history with technology. Entrance fees.

Flavel House Museum

441 8th St, Astoria

503-861-4414 cumtux.org/

Entrance Fees

Historical Queen Anne Victorian home.

Ft. Clatsop National Memorial

92343 Ft Clatsop Rd, Astoria

503-861-4414

nps.gov/lewi/planyourvisit/fortclatsop.htm

Replica of the fort where the Lewis and Clark expedition camped for the winter. Parking fee. Entrance Fee, 15 and under free.

Ft. Stevens State Park

100 Peter Iredale, Hammond

503-861-1671 / 800-551-6949

To make a reservation: 800-452-5687

oregonstateparks.org/index.cfm?do=parkPage.dsp_parkPage&parkId=129
Picnic areas, camping, lake swimming, hiking & biking trails, fishing, ocean beaches, disc golf, historic military fort & museum.

4-H, *See below, OSU extension*

Girl Scouts of Oregon & SW Wash.

800-338-5248 girlscoutsw.org/
Positive leadership, mentoring, & community services opportunities for girls.

Heritage Museum

1618 Exchange St, Astoria
503-325-2203 cumtux.org/
Regional museum for Clatsop County. Exhibits on geology, natural history, industry & people of the area.

OSU Clatsop Extension Office

2001 Marine Dr, Rm 210, Astoria
503-325-8573
extension.oregonstate.edu/about/who-we-are

Provides outreach through educational programs, working with community partners through gardening and farming, food and nutrition, 4-H, health and wellness, and environmental programs.

Seaside Museum

570 Necanicum, Seaside
503-738-7065 seasidemuseum.org/
Exhibits on Native Americans & history of Seaside. Entrance fee applies.

Seaside Public Library

1131 Broadway, Seaside

503-738-6742 seasidelibrary.org/
Free book check out for Seaside residents. Free library cards.

Sunset Empire Parks & Recreation

1140 Broadway, Seaside
503-738-3311 sunsetempire.com/
Maintains the pool, various community events, after school programs, pre-school, youth center (middle schoolers), programs, and events for children, families, and adults. Fees apply, some scholarships available. After school care available K-5th.

Uppertown Firefighters Museum

2968 Marine, Astoria
503-325-2203 cumtux.org
(Clatsop County Historical Society)
Extensive collection of firefighting equipment & photos of Astoria fires.

Warrenton Community Center

170 SW 3rd, Warrenton 503-861-2233
Gathering place with full kitchen for functions such as Senior lunches, Wedding Receptions, Company Parties, Meetings and Seminars, Banquets, Family Reunions, & much more.

Warrenton Community Library

160 S Main St, Warrenton
503-861-8268 / 503-861-8156
Facebook—Free book check-out for residents of Warrenton/Hammond. Any children outside of city limits up to 19 years get a free ROCC Card.

SAFETY

American Red Cross

3131 N Vancouver Ave.

Portland 97227

503-284-1234 redcross.org

Provides CPR & First Aid training. Fees apply, scholarships available.

Astoria Fire Department

555 30th St, Astoria 503-325-2345

astoria.or.us/dept/Fire Department

Astoria Police Department

555 30th St, Astoria 503-325-4411

astoria.or.us/dept/Police Department

Cannon Beach Police Department

163 E Gower, Cannon Beach

503-436-2811

ci.cannon-beach.or.us/police

Clatsop County Animal Control & Shelter

1315 19th, Warrenton 503-861-0737

www.co.clatsop.or.us/animalcontrol

Care & protection for abused, homeless, or unwanted animals; licenses for pets; pets for adoption; respond to complaints of abuse, stray or nuisance dogs.

Clatsop County Emergency

Operations Center

355 7th St, Astoria 503-325-8635

co.clatsop.or.us/em

Clatsop County Sheriff's Office

1190 SE 19th, Warrenton

503-325-8635 co.clatsop.or.us/sheriff

503-325-2061 24 hr. Dispatch #

Gearhart Police Department

698 Pacific, Gearhart 503-738-5501

cityofgearhart.com/general/page/police-department

Gearhart Volunteer Fire Department

670 Pacific, Gearhart 503-738-7838

gearhartfire.com/

Oregon State Police

2320 SE Dolphin, Warrenton

503-861-0781

oregon.gov/osp/Pages/index.aspx

Seaside Fire and Rescue

150 S Lincoln, Seaside 503-738-5420

<http://www.seasidefire.com/>

Seaside Police Department

1091 S Holladay, Seaside 503-738-6311

<http://police.cityofseaside.us/>

Warrenton Fire Department

225 S Main, Warrenton 503-861-2494

ci.warrenton.or.us/fire

Warrenton Police Department

225 S Main, Warrenton 503-861-2235

ci.warrenton.or.us/police

DISABILITY SERVICES

ADULT FOSTER HOMES

CDDP, See page 12

NWSDS, See page 13

CASE MANAGEMENT

CDDP, See page 12

NWSDS, See page 13

EDUCATION

CDDP, See page 12

NW Regional Educational Services District (ESD or NWRES D)

3194 Marine, Astoria 503-325-2862
www.nwresdeiecse.org/clatsop.html

Clatsop County Early Childhood Special Education, for children with disabilities 0—5 years.

EMPLOYMENT

CDDP, *See page 12*

NW Community Alliance

89451 Hwy 101, Warrenton
503-861-3372

Offers individualized support for people with developmental disabilities. Helps to acquire employment & job related skills.

Oregon Commission for the Blind

535 SE 12th, Portland 971-673-1588
oregon.gov/blind/Pages/index.aspx

Voc Rehab Program for the legally blind; job assistance; resources to lead to independent living & self-sufficiency. Individuals 55+

Oregon Vocation Rehabilitation Svcs

See OED page 15

FINANCIAL ASSISTANCE

CDDP, *See page 12*

NWSDS, *See page 13*

Social Security Administration

See page 16

HEALTHCARE

Child Development & Rehabilitation Center (CDRC)

Doernbecher Children's Hospital

700 SW Campus Dr, Portland
503-346-0640 / 877-346-0640

[ohsu.edu/xd/health/child-development-and-rehabilitation-center/Diagnosis, assessment, & intervention related to development.](http://ohsu.edu/xd/health/child-development-and-rehabilitation-center/Diagnosis,assessment,&intervention%20related%20to%20development)

Elks Children's Eye Clinic Program

3375 SW Terwilliger, Portland
503-494-7830 / 888-222-6478

<http://www.ohsu.edu/xd/>

Eye care for babies to young adults. Professional or medical referral required.

Shriners

3101 SW Sam Jackson Pk Rd, Portland
503-241-5090 / 800-237-5055—patient referral/eligibility info

shrinershospitalsforchildren.org/Hospitals/Locations/Portland.aspx

Children 0-18 years with orthopedic conditions, spinal cord injuries & cleft lip or palate eligible for care regardless of ability to pay.

HOUSING, *See pages 6-7*

INFORMATION AND ADVOCACY

The ARC of Oregon

2405 Front St NE, #120, Salem
503-581-2726 arcoregon.org/

Advocacy programs and services for individuals with intellectual disabilities.

Brain Injury Alliance of Oregon

PO Box 549, Molalla, OR 97038
800-544-5243 / 503-752-6065

biaoregon.org/

Brain injury prevention, education, research, and advocacy.

CDDP, *See page 12*

NW Community Alliance

See Employment page 22

Nat'l Alliance on Mental Illness (NAMI)

4701 SE 24th, Suite E, Portland

800-343-6264 namior.org/

Support, education, & advocacy for the mentally ill.

National Multiple Sclerosis Society

5331 SW Macadam Ave, Suite 290,

Portland 503-223-9511

nationalmssociety.org/Chapters/ORC

Provides research, advocacy, education, programs, & services.

NWSDS, *See page 13*

Oregon Commission for the Blind

See Employment page 22

Oregon Disabilities Commission

Department of Human Services

Seniors & People with Disabilities Division

500 Summer NE #E-02, Salem

800-282-8096

oregon.gov/DHS/SENIORS-DISABILITIES/ADVISORY/ODC/Pages/index.aspx

To secure economic, social, legal, and political justice for individuals with disabilities through systems change.

LEGAL

Fair Housing Council of Oregon

1221 SW Yamhill #305, Portland

503-223-8197 ext. 2

Hotline: 800-424-3247 ext 2 fhco.org/

Answer questions & take reports of violations. Classes/materials regarding rights & responsibilities.

National Organization of Social Security Claimant's Representatives

560 Sylvan, #2200, Englewood Cliffs, NJ

Lawyer Referral Svc: 800-431-2804

Admin.# 1-800-772-1213 nosscr.org/

Must have a claim dispute involving Social Security Disability. Potential fees.

EDUCATION

TRANSPORTATION

Sunset Empire Transportation

See page 17

CLATSOP COMMUNITY COLLEGE

1651 Lexington Ave, Astoria

503-325-0910 / 855-252-8767

clatsopcc.edu/

Developmental Education

503-338-2368

Adult Basic Education, English as a Second Language & GED preparation.

Lives in Transition

503-338-2377

Gain self-sufficiency, explore career options, & personal action plans.

South County Campus (CCC)

1455 Roosevelt Drive, Seaside

503-338-2402

TRIO Plus Program (CCC)

503-338-2346

Support & advising for first-generation college students, low-income, or disabled.

Upward Bound/Educational Talent Search (CCC)

503-338-2370

clatsopcc.edu/getting-started/programs-high-school-students/trio-pre-college/upward-bound/program-information

Connect first-generation low-income students to educational opportunities.

Volunteer Literacy Program (CCC)

503-338-2557

Gain or improve basic literacy skills.

EDUCATION

NWRESD, *See page 21*

Tongue Point Job Corps Center

37573 Old Hwy 30, Astoria

503-325-2131

tonguepoint.jobcorps.gov/home.aspx

No-cost education & career technical training program for ages 16—24

FINANCIAL ASSISTANCE

OR Office of Student Access and Completion

800-452-8807/ 541--687-7400

oregonstudentaid.gov/scholarships.aspx

Student financial aid & scholarships.

US Department of Education

800-433-3243 <https://www.ed.gov/>

Info on filing for federal financial aid.

GED TESTING / PREPARATION

CCC, *See page 23*

NWRESD, *See page 21*

Helps school age individuals with disabilities with employment or career related activities

Oregon Employment Office

See page 14 & 15

Tongue Point Job Corps Center

See above under Education

MIGRANT FAMILIES

National Migrant Parent Hotline

800-234-8848 / 503-385-4678

wesd.org/omesc/irhotline

Help for migrant families with transfer of school records/enrollment.

PRESCHOOL

Head Start

Head Start is preschool for ages 3-5 from families at or below federal poverty guidelines. Children do not need to be potty-trained. nworheadstart.org/

Astoria Head Start

785 Alameda Ave 503-325-5421

Seaside Head Start

1225 2nd Ave 503-738-0873

Warrenton-Astoria Head Start

200 SW 3rd St 503-861-9681

Peace Lutheran Day Care Center

565 12th St, Astoria 503-325-4041

Day care for children up to 12 years old. Preschool is ORO certified and

uses Creative Curriculum: some spiritual guidance. Accepts DHS payment.

Preschool Promise

785 Alameda Ave Astoria 503-325-6431
Working in collaboration with the Astoria Head Start. Preschool for students aged 3-5, must be potty-trained, free tuition for qualifying parents, Astoria only.

Sunset Empire Park and Rec

See page 20

SCHOOL DISTRICTS

Contact individual school district homeless liaisons for information on services for homeless students.

Astoria School District

785 Alameda Ave
503-325-6441 astoria.k12.or.us/

Gray School Alternative Program

785 Alameda, Astoria 503-325-4197

Jewell School District

83874 Hwy 103, Seaside
503-755-2451 jewell.k12.or.us/

Knappa School District

41535 Old Hwy 30, Astoria
503-458-5993 x301 knappa.k12.or.us/

NWRESD, see page 21

Seaside School District

1801 S Franklin
503-738-5591 seaside.k12.or.us/

Warrenton-Hammond School District

820 SW Cedar, Warrenton
503-861-2281 warrentonschools.com/

EMERGENCY SERVICES

CRISIS HOTLINES. See pages 4-5

CBH, See page 10

Crisis Line 503-325-5724

Hotline available 24/7 for individuals having a mental health crisis.

David Romprey Oregon Warmline

800-698-2392 (hours vary)

Confidential conversations regarding life challenges with someone who will listen without judgment or criticism.

The Harbor, See page 17

503-325-5735 Hotline avail 24/7

Domestic violence, abuse, or sexual assault.

DOMESTIC VIOLENCE

Circuit Court Family Resource Center

749 Commercial St, Astoria
503-325-8555 ext. 319

courts.oregon.gov/OJD/OSCA/cpsd/courtimprovement/familylaw/pages/index.aspx

Assist with family law procedures & completion of forms on drop-in basis.

Clatsop County District Attorney

749 Commercial St, Astoria

503-325-8581 co.clatsop.or.us/

Assist with obtaining restraining order.

National Domestic Violence Hotline

800-799-7233/ 800-787-3224 (TTY)
thehotline.org/

Crisis intervention, info & referral.

The Harbor, 503-325-5735

See page 17

Veteran's Lines for Life

888-457-4838 linesforlife.org/

Substance abuse & suicide prevention.

Victims of Sex Offenders

800-551-2934 requires Victim ID #

Information about offenders status for prison, release, and parole.

EMERGENCY MEDICAL CARE

CMH Urgent Care, *See page 13*

Northwest Urgent Care

2120 Exchange St, Suite 111, Astoria

(503) 325-0333 nwurgentcare.com/

Walk-in care, 9am-7pm, 7 days a week

Providence Seaside Hospital Clinic

See page 15

NATURAL DISASTER

American Red Cross OR Trail Chapter

Clatsop District, 3131 N. Vancouver

Ave., Portland 503-284-1234

redcross.org/or/portland

Secures temporary housing, meals, first aid, crisis counseling, and helps with recovery planning.

Clatsop County Emergency Operations, *See page 21*

SHELTER

Astoria Rescue Mission

62 W Bond St, Astoria

503-325-6243 —Men's Mission

503-325-4537 —Women's Mission

See page 18

Helping Hands Re-entry Outreach Ctr.

Astoria— 286 W. Marine Drive

503-738-4321 or 503-470-0325, Call before you come in, referral needed.

Restoration House

208 N Holladay, Seaside

Men's halfway house to assist alcoholics & other addictive illnesses in recovery.

Astoria Warming Center

1076 St. Franklin lower level of United

Method Church 11th St. Entrance

760-289-8932 astoriawarmingcenter.org

Also on Facebook & Instagram.

Serves food, do not need to stay to eat.

EMPLOYMENT

EMPLOYMENT SERVICES

Oregon Employment Department

See page 14

Pacific Personnel / Seaside Temps

254 11th, Astoria 503-325-8619

M and F, 8:30am—1:30pm (Astoria)

1010 3rd, Seaside 503-738-9084

M through F, 8:30am - 1:30pm

FAMILY SERVICES

seasidetemps.com/

Employee leasing & temporary staffing.

JOB TRAINING

Tongue Point Job Corps Center

See Education page 24

CHILD CARE

Child Care Resource and Referral

3194 Marine Dr. Astoria, Oregon
503-338-3369 / 877-333-4960 / 211

(Mon—Fri, 9am—2pm)

Referrals to approved providers.

Lil's Sprouts, *See ARC page 18*

Peace Lutheran, *See page 24*

Sunset Empire Park and Rec

See page 20

CHILD SAFETY

Oregon Dept. of Human Services

See Child Welfare page 14

INFANTS

Babies First

See page 11 Dept. of Public Health

Healthy Families

1154 Commercial St, Astoria

503-325-4455 nworheadstart.org/

Free home visit program for first-time parents on child development & parenting. For children 0-3 years of age, must enter program before child is 3 months old.

MENTORING

CADY Mentoring

503-325-8601

co.clatsop.or.us/page/234?deptid=11

Mentoring program for at risk youth.

Lunch Buddy Mentoring Program

503-440-0368 (Mary Jackson)

Email: Lunchbuddies.mp@gmail.com

Matches caring adults with elementary school students in need of extra support.

PARENTING

Clatsop County Prevention Services

800 Exchange #200, Astoria

503-325-8601

co.clatsop.or.us/page/16?deptid=11

Youth skill building programs.

Hope House

Lutheran Community Services NW

3107 Grand, Astoria

503-325-6754 lcsnw.org/

Groups for dealing with death/dying &

Child in the Middle court-mandated class for children of divorcing parents.

Northwest Parenting

503-325-8673 x2

nworparenting.org/clatsop.html

Email: northwestparenting@gmail.com

or on Facebook. Evidence-based par-

FOOD

enting program opportunities.

North Coast Food Web

577 18th Street, Astoria

503-468-0921 northcoastfoodweb.org/

Food web offers a variety of opportunities for children and adults to learn to cook, learn to shop on a budget, and attend their farmers market. Fees may apply, scholarships available, Market takes SNAP.

Market: 3rd Thursday 2:30-5:30

NWSDS, *See page 13*

SNAP, *See page 14*

MEAL DELIVERY

Bob Chisholm Community & Sr. Ctr.

See page 19

Columbia Senior Diners

See Astoria Senior Center page 19

Our Lady of Victory Sunday Supper

120 Ocean Way, Seaside

503-738-6161 x110

Provides home delivery, call for details

MEALS ON WHEELS

Bob Chisholm Community and Senior Center

See Page 20, Only services Gearhart, Seaside, and Cannon Beach

MEAL SITES

Astoria Rescue Mission

62 W Bond St, Astoria 503-325-6243

astoriarescuemission.com/

Serves lunch and dinner served daily.

Must stay overnight to receive breakfast. (Check for meal times)

Columbia Senior Diners, See page 19

Hilltop Church Youth Program Meals

Church of the Nazarene

725 Niagara, Astoria 503-325-4477

Weds, 6pm-7:30pm

Grace Episcopal Church Community Dinner

1545 Franklin, Astoria 503-325-4691

Served the 2nd & 4th Sunday of the month at 4pm.

Our Lady of Victory

Sunday Supper

120 Oceanway St, Seaside

503-738-6161 x110

Sunday Supper every Sunday at 4pm, including holidays. Meal delivery see page 27

Warrenton Community Center

160 S. Main St, Warrenton, Senior meals and hot lunches, Mon & Thurs.

11-1pm 503-861-2233

PANTRIES

Cannon Beach Food Pantry

368 Beaver St 503-440-8592

Weds, 3-5pm.

CCA Regional Food Bank, See page 11

Clatsop Emergency Food Pantry

First Presbyterian Church

1103 Grand, Astoria 503-325-1702

Monthly emergency food boxes to Astoria residents. Mon-Fri from 3-4pm.

Grace Food Pantry

Grace Episcopal Church

1545 Franklin St, Astoria 503-325-4691

Monthly emergency food boxes. Tues, Wed, & Thurs from 9-11:30am.

Knappa Food Pantry

42889 Old Hwy 30, Knappa

503-458-6492

Monthly emergency food boxes for the areas between Clarendon Rd & Bradley Point. Tues & Thurs 2-3pm.

Manna House Food Pantry

Lighthouse Christian Church

88786 Dellmoor Loop Rd, Warrenton
503-738-5182 (call Mon-Fri, 9am-4pm)
3rd Sat of the month, Firewood assistance available

St Vincent de Paul Food Pantries

3575 Hwy 101 N, Gearhart
503-717-0444 (message phone)
M, W, F, 1-3pm & last Sat, 11am-1pm.
1465 Grand Ave, Astoria
503-325-2007 (message phone)
Tues, 1-3pm & Fri & Sat, 10am-noon.

South County Food Pantry

2041 N Roosevelt, Seaside
503-738-9800
For south county residents. Open Tue,
Thu, 1pm-4 pm

Warrenton Food Pantry

Calvary Assembly of God Church
1365 SW Main St, Warrenton
503-861-1712
Monthly emergency food boxes for
Warrenton, Hammond, & Sunset Beach
residents. Tues, 2-3pm.

SUPPLEMENTAL FOOD PROGRAMS

(Must sign up to participate)

Food for Kids– Seaside & Gearhart

320 1st Ave, Seaside 503-738-6791
Friday 2:30-3:30pm

Food for Kids– St Vincent de Paul

1465 Grand Ave, Astoria 503-325-2007
Fri, 1-3pm

Warrenton/Hammond Healthy Kids

Warrenton Grade School
820 SW Cedar, Warrenton
503-861-3376
Fridays, after school

ADVOCACY

Clatsop County Veteran's Service Officer, *See page 38*

ALCOHOL & DRUG ADDICTION

Al-Anon / Alateen

888-425-2666 (Hotline)
al-anon.alateen.org/
Dates & locations of support groups for those affected by a loved ones alcoholism.

Alcoholics Anonymous

503-861-5526 aa-oregon.org/
Support group information.

Celebrate Recovery

Lighthouse Christian Church
88786 Dellmoor Loop, Warrenton
(503) 738-5182 (Mondays at 7pm)

Drug Free Work Place Help Line

800-967-5752 (Info & referral)
workplace.samhsa.gov/

Marijuana Anonymous World Services

800-766-6779
marijuana-anonymous.org/
12-step program.

Narcotics Anonymous World Services

611 N Downing, Seaside
503-717-3702 portlandna.com/
Information on support groups.

ALCOHOL / DRUG TREATMENT

HEALTH

Alcohol and Drug Help Line

800-923-4357 —Adult

877-553-8336 —Youth

877-515-7848 —Spanish

Alcohol & Drug Treatment Referral

800-454-8966, 24/7 resources

CBH, *See page 10*

COUNSELING

CBH, *See page 10*

Hope House

Lutheran Community Svcs of the NW
3107 Grand Ave, Astoria 503-325-6754

Mental health counseling, sliding fee.

DENTAL

Children's Dental Program

888-393-2772 Email: childrensprogram@odscompanies.com

[modahealth.com/about/](http://modahealth.com/about/childrens.shtml#td)

childrens.shtml#td

Uninsured children 5-18 yrs. (OHP is a dental plan). Must be referred.

Family Health Ctr (Longview Dental)

1057 12th, Longview 360-414-1300

cowlitzfamilyhealth.org/

Offers sliding scale dental services.

Family Health Center (N Beach Clinic)

21610 Pacific Hwy, Ocean Park, WA

360-665-3000 cowlitzfamilyhealth.org/

Sliding-scale dental & medical.

Geriatric Dental Group

6319 SE Powell Blvd, Portland

503-772-3677

Reduced dental rates for adults 55+.

Providence, *See page 15*

Dental Van: 503-717-7600

No cost basic services, fillings & extractions. Call for appointment.

OHSU School of Dentistry

611 Campus Dr, Portland

503-494-8867

ohsu.edu/xd/education/schools/school-of-dentistry/patient-care/specialty-clinics.cfm

Reduced dental by students under supervision of dental professionals.

EATING DISORDERS

National Association of Anorexia

Nervosa and Associated Disorders

630-577-1330, anad.org/ or Facebook

Mon-Fri, 9am-5pm central time.

EDUCATION

American Red Cross OR Trail Chapter

See page 20

CMH, *See page 12*

Dept of Public Health, *See page 11*

Providence, *See page 15*

Resource Line: 503-717-7260

EYE CARE

Elks Children's Eye Clinic Program

See Disability, Healthcare on page 22

Eye Care America

800-222-3937 eyecareamerica.org/

Provide eye care at low or no cost.

OR Lions Sight & Hearing Foundation

1010 NW 22nd #144, Portland

800-635-4667

Vision USA 800-766-4466

aoafoundation.org/vision-usa/

Free for the uninsured low-income.

FAMILY PLANNING

Coast Pregnancy Clinic

279 6th St, Astoria 503-325-9111

coastpregnancyclinic.org/

Parenting classes, pregnancy testing, ultrasound (viability/gestation), baby clothing & supplies, adoption information.

All services are free.

Dept of Public Health, See page 11

GAMBLING ADDICTION

Nat'l Council on Problem Gambling

800-522-4700 ncpgambling.org/i4a/pages/index.cfm?pageid=1

Referral for treatment & counseling.

OR Council on Problem Gambling

877-695-4648 oregoncpg.com/

HEALTH INSURANCE

Oregon Health Ins. Marketplace

350 Winter St. N, Ste. 300, Salem, OR
855-268-3767 oregonhealthcare.gov

Dept. of Human Services, See page 14

NWSDS, See page 13

Oregon Health Plan (OHP)

500 Summer St NE, Salem
800-527-5772 / TTY: 711

oregon.gov/OHA/healthplan/Pages/index.aspx

Oregon Health Plan (OHP) Assistor

Coastal Family, *See page 12*

CMH, *See page 12*

Providence, *See page 15*

Lower Columbia Hispanic Council,

See page 18

An assistor can provide support in the application process for OHP, call to schedule an apt.

Oregon Healthy Kids

888-260-4555 oregonhealthykids.gov/

Free or low-cost coverage for kids.

Social Security Administration

See page 16

HIV / AIDS

AIDS Info

800-448-0440 aidsinfo.nih.gov/

Dept. of Public Health, See page 11

Gay Men's Health Crisis Hotline

800-243-7692 (limited hours) gmhc.org/

Available in Spanish & English with information & expansive referral service.

HIV Alliance

541-342-5088

HIV information and services to Clatsop County.

Oregon AIDS / STD Hotline

800-777-2437 / 800-499-6940 Spanish
oregonaidshotline.com/

Info on HIV & STD's, referral to HIV services, risk assessment & support.

IN-HOME CARE

Caring for the Coast

1008 Commercial St., Astoria
503-325-4503

caringforthe coast.com/

Medication administration & nursing,

personal care, & homemaker services.

LONG TERM CARE FACILITIES

Clatsop Care Center

646 16th, Astoria 503-325-0313

clatsopcare.org/clatsop-care-center.php

MEDICAL CARE

Astoria Senior Center

1111 Exchange, Astoria 503-325-3231

See page 19

Bob Chisholm Community Center

See page 19

Breast & Cervical Cancer Program

877-255-7070

public.health.oregon.gov/Pages/Home.aspx

Early detection of breast & cervical cancer for low-income or uninsured women.

CMH-OHSU Knight Cancer Collaborative

1905 Exchange St., Astoria

503-338-4085, *See page 12-13*

Coastal Family Health, *See page 12*

CMH *See page 12*

Dept. of Public Health, *See page 11*

National Health Info Hotline

(800) 336-4797 (Spanish & English)

health.gov/nhic/

National Multiple Sclerosis Society

947 Olney Ave, Astoria (Clatsop

Retirement Village) 800-344-4867

nationalmssociety.org/index.aspx

Support services third Wed at noon.

Oregon SafeNet

800-723-3638 (SAFENET)

public.health.oregon.gov/Pages/Home.aspx

Information about WIC & OHP. Referrals to low cost medical resources.

Providence, *See page 15*

Shriners, *See page 22*

PREGNANCY

Birthright

800-550-4900 birthright.org/en/

Help with unplanned pregnancy.

Boys & Girls Aid Society of Oregon

9320 SW Barbur Blvd., Portland

877-932-2734 boysandgirlsaid.org/

Pregnancy options & counseling, child release services; shelters & foster homes; life skills training & adoption case mgmt.

Coast Pregnancy Clinic

279 6th St., Astoria 503-325-9111

800-669-8717 coastpregnancyclinic.org/

T-F 9am - 4pm

See page 30

Dept. of Public Health, *See page 11*

Holt International Children's Services

9320 SW Barbur #280, Portland

503-244-2440 holtinternational.org/

Free parenting & adoption counseling.

La Leche League

503-325-1306 —Janet

503-453-3777 —Kestrel

503-440-4942 —Megan (text or message)

503-717-3748—Katie (text only)

lalecheleagueoregon.webs.com/localastoria

Information to women on infant nutrition & breast feeding. See website or call to verify date/time. Also on Facebook.

Open Adoption & Family Services

800-772-1115 openadopt.org/

Explores all options.

Planned Parenthood

3727 NE MLK Jr Blvd, Portland

888-875-7820 plannedparenthood.org/

Sexual & family planning.

Providence, *See page 15*

Women's Health Center

See CMH page 12

PRESCRIPTION ASSISTANCE

AARP Prescription Discount Program

aarp.benefits.catamaranrx.com/rxpublic/portal/memberMain

Discounted drugs for AARP members.

Benefits Check Up

benefitscheckup.org/

Benefits for age 55 and older.

Coastal Family Health, *See page 12*

Free Drug Card

freedrugcard.us

See website for more information.

MedData Svcs Prescription Assistance

meddataservices.com/

Information to apply for free medications.

Needy Meds

needymeds.org/

No cost to eligible participants.

Oregon Prescription Drug Card

888-411-6737

oregon.gov/OHA/pharmacy/OPDP/Pages/index.aspx

Must enroll via website or by phone.

Partnership for Prescription Assistance

pparxor.org/

Free or nearly free prescriptions.

Prescription Hope

rxhope.com/

Help obtaining critical medications.

Senior Health Insurance Benefits Assistance

Advocates for individuals with Medicare.

oregon.gov/DCBS/SHIBA/Pages/index.aspx

QUITTING SMOKING

American Cancer Society

800-227-2345 / 866-228-4327 (TTY)

cancer.org/

Resources for quitting smoking.

Become an Ex

Interactive web program. becomeanex.org/

Dept. of Public Health, *See page 11*

Smoke Free Oregon

800-784-8669 / 800-QUIT-NOW

Personalized quit plan.

SOBER RESIDENTIAL PROGRAMS

Helping Hands Outreach Re-entry

286 W. Marine Dr., Astoria

Admin: 503-440-9357 / 503-470-0325

Call before you come in.

Program & employment services.

Restoration House, *See page 26*

SUPPORT GROUPS

Alzheimer's Support Group

NWSDS, *See page 13*

503-738-6412 —Grace Bruseth

For family/care-givers of persons with

Alzheimer's/dementia. 2nd Tues at 2pm.
Bereavement/Grief Support Groups
CMH Health & Wellness Pavilion
503-338-6230 (Columbia Hospice) Call
for more info.

Cancer Support Group

1905 Exchange St. Astoria
503-338-4589 —Mari Montesano
CMH-OHSU Knight Cancer Collab.
1st Tues every month at 4 pm.

Breast Cancer Support Group

1905 Exchange St. Astoria
503-338-4589 —Mari Montesano
CMH-OHSU Knight Cancer Collab.
3rd Thurs every month at 4:30 pm.

Care Connection

800-927-7930 askdrjamie.net/
Email: askdrjamie@yahoo.com
For caregivers and loved ones with
Alzheimer's or related dementias.

Caregiver Support Group

NWSDS, *See page 13*
503-738-6412 —Grace Bruseth
Former & current caregivers. Drop-ins
welcome. 3rd Tues of month, 1:30-3pm.

Depression Bi-Polar Support Alliance

CMH Room A, *See page 12*
503-325-8930
Peter or Patricia Fessler
1st Mon of each month, 7pm.

Diabetes Support Group

CMH—2158 Exchange #205, Astoria
503-338-4012 (call for more info)

[columbiamemorial.org/services-
diabetes.aspx](http://columbiamemorial.org/services-diabetes.aspx)

Providence— Rm A, *See page 15*
503-717-7060 —Beth Schwenk
[oregon.providence.org/patients/
programs/providence-diabetes-
education/](http://oregon.providence.org/patients/
programs/providence-diabetes-
education/)

Last Mon. of the month, 1:30—2:30pm.
No group May—Oct or December.

Health and Lifestyle Center

Providence Seaside Hospital, *See page*
15 503-717-7260

NAMI Family Support Group

Seaside Public Library, 1131 Broadway
503-738-6165 —Myra Kero
2nd & 4th Sunday of month at 2pm.

N Coast Share & Care MS Self-Help

Clatsop Retirement Village
947 Olney Ave, Astoria
503-458-6719 —Marcie
Open 3rd Wed of each mo, 12-1:30 pm.

Parkinson's Info & Education Group

Peace Lutheran Church
565 12th, Astoria 503-468-3442—
Carrie 2nd Mon of the month, 1 pm.

Seaside Rebounders Stroke Support

Providence Seaside, 727 S Wahanna
503-717-7781 —Debra Hall
2nd Wed. of each month, 1:00-2:00 PM

Support Group Info. & Referral

NWSDS, *See page 13*

TRANSPORTATION

Medix Ambulance Service, Inc

2325 SE Dolphin, Warrenton
503-861-1990

Ambulance transportation, fee applies.

Sunset Empire Transportation

See *RideAssist* or *NW Rides* page 17

Providence Seaside Hospital

See *Partner for Seniors* page 15

Transport to medical appointments,
must provide one week's notice.

HOUSING

Community Action Team (C.A.T.)

NW OR Regional Housing Center
1154 Commercial St., Astoria
(503) 325-8098 cat-team.org/nworhc/
Information & access to homeownership,
rehabilitation & educational programs,
energy, weatherization.

AFFORDABLE HOUSING

See pages 6 & 7

CCA, See page 10

NOHA, See page 13

CASE MANAGEMENT

CCA, See page 10

NOHA, See page 13

DISABLED HOUSING

CDDP, See page 12

See *Disability Services* page 21

ENERGY & UTILITY ASSISTANCE

CCA, See page 10

C.A.T., See above

OR Telephone Assistance Program

(OTAP) Public Utility Commission of OR
550 Capitol St NE #215, Salem

800-848-4442 / 800-648-3458 (TTY)

puc.state.or.us/Pages/index.aspx

Low-income discounts on monthly phone
services. Must apply to qualify. Call or
visit website for more information.

FURNITURE

See the following under COMMUNITY:

**National Community Alliance Thrift
Store**, See page 18

Goodwill, See page 18

HOUSING ASSISTANCE PROGRAMS

CCA, See page 10

NOHA, See page 13

PROPERTY MANAGEMENT COMPANYS

(That handle low-income properties)

See *Housing list* pages 6 & 7

SENIOR HOUSING, See pages 6 & 7

SHELTERS, See page 26

Astoria High School Rainbow Club

LGBTQ+

171 W. Bond Street, Astoria
503-325-3911 —call for more info.

Promote acceptance & equality.

PFLAG Oregon North Coast

First Lutheran, 725 33rd St, Astoria

503-325-1895 hipfishmonthly.com/

Support group; 3rd Thurs at 6:30pm.

Q Center Portland

4115 N Mississippi, Portland

503-234-7837 pdxqcenter.org/

Increases visibility of lesbian, gay, bi-sexual, transgender & questioning.

Sexual & Gender Minority Youth Resource Center (SMYRC)

2406 NE Sandy Blvd #100, Portland
503-872-9664

pdxqcenter.org/programs/youth-programs/smyrc/

Support for gay, lesbian, bi & trans kids 23 & younger. Wed 4-9pm & Fri 4-11

LEGAL

749 Commercial, Astoria

503-325-8555 x319

courts.oregon.gov/Clatsop/Services/Family_Court_Index.page

Helps domestic relations cases fill out forms & understand procedures.

Clatsop County Law Library

Clatsop County Courthouse

749 Commercial, Astoria

503-325-8601 x1130

Open to the public M, Tu & Th 10am-noon & available to litigants of pending cases for research by appointment.

Clatsop County Victim's Services Unit

Office of the District Attorney

749 Commercial St, Astoria

503-325-1599 / 503-325-3940

co.clatsop.or.us/da/page/victim-services-unit

Support to victims/witnesses of crime.

Child Support Helpline: 800-383-1222

Mon 1-4pm & Thurs 9am-noon.

Lawyer Referral Services

Oregon State Bar

800-452-7636 osbar.org/

Mon-Fri, 8am-12pm & 1-5pm

Referrals for low-cost consultations.

Legal Aid Services of OR/OR Law Ctr

Hillsboro Regional Office

230 NE 2nd Ave #F, Hillsboro

503-640-4115 / 877-296-4076

oregonlawhelp.org/

Public Benefits Hotline: 800-520-5292

Call for more info.

The Harbor, *See page 17*

CASE MANAGEMENT

Clatsop Community Corrections

1190 SE 19th St, Warrenton

503-861-2875 co.clatsop.or.us/

Parole and probation supervision.

CHILDREN

Child Support Enforcement

Office of the District Attorney

800 Exchange, 2nd Floor, Astoria

503-325-2716 co.clatsop.or.us/

Collect money; modify support orders.

Child Support Help Line

800-383-1222 Mon 1-4pm & Th 9am-12

Free child support advice to low-income.

Clatsop CASA Program, Inc

Court Appointed Special Advocates

818 Commercial #401, Astoria

503-338-6063 clatsop-casa.org/

Trained volunteers speak for the best interest of abused & neglected children.

Youth Problem Solvers

Oregon State Bar

800-452-7636 osbar.org/

M-F, 8am-12pm & 1-3pm

Free 30 minute consultation for ages 13-17 based on availability of attorneys.

DISABILITY, See page 23

HOUSING

Fair Housing, See page 23

Modest Means Program

Oregon State Bar

800-452-8260 ext. 408 osbar.org/

Reduced fees. Landlord/tenant, family law & criminal defense only.

IMMIGRATION

Bureau of Citizenship & Immigration

1455 NW Overton #1, Portland

800-375-5283 uscis.gov/portal/site/uscis

Must have or schedule an INFOPASS appointment (can schedule online).

Catholic Charities Immigration Services

2740 SE Powell Blvd #2 (floor 3), Portland
503-542-2855

catholiccharitiesoregon.org/

High quality immigration legal services to low income immigrants and refugees.

Immigration Counseling Services

519 SW Park Ave #610, Portland

503-221-1689 —call for appointment

immigrationcounseling.org/

Non-profit law firm providing immigra-

tion legal services. Low-cost consultation

RESTRAINING ORDER

See *Domestic Violence* page 25

The Harbor, See page 17

SENIORS, See page 37

VETERANS, See page 38

SENIORS

See *CDDP p12, NOHA & NWSDS p13*

ADULT PROTECTIVE SERVICES

See *CDDP p12, NWSDS, p13*

ASSISTED LIVING FACILITIES

Astor House

999 Klaskanine, Astoria 503-325-6970

Clatsop Retirement Village

947 Olney Ave, Astoria

503-325-4676 clatsopcare.org/

Neawanna by the Sea

20 N Wahanna, Seaside 503-738-5526

Necanicum Village Senior Living

2500 S Roosevelt, Seaside

503-735-0900 necanicumvillage.com/

Suzanne Elise

101 Forest Dr, Seaside

503-738-0307 suzanneelise.com/

COUNSELING, See page 29

EMPLOYMENT

Oregon Employment Department

(Easter Seals SCSEP) See page 14

FINANCIAL ASSISTANCE

NWSDS, See page 13

Social Security Administration,

See page 16

HOUSING, See page 6 & 7

LEGAL

National Organization of Social Security Claimant's Representatives

See page 23

NWSDS, See page 13

LONG TERM CARE FACILITIES

See page 31

MEALS / FOOD, page 27 & 28

SENIOR CENTERS

Astoria Senior Center

See page 19

Bob Chisholm Com. & Senior Center

See page 19

Warrenton Community Center

See page 20 & 28 (Senior meal site)

TRANSPORTATION

Dial-a-Ride 503-861-0657

Sunset Empire Transportation

See page 17

Oregon Dept. of Veteran's Affairs

VETERANS

Federal Building

100 SW Main, 2nd Floor, Portland

1-800-827-1000

oregon.gov/odva/Pages/index.aspx

Resources for veterans, their spouses, & families.

ADVOCACY / COUNSELING

Clatsop Community Action

364 9th, Astoria 503-325-1400

Housing support for homeless & at-risk veterans & their families.

Clatsop Cty Veteran's Service Officer

503-440-9411—Stephen Bobian

Email: clatsopvso@gmail.com

Assist with veteran's benefit programs.

M-F, 9am-4pm by appointment only

Military Helpline

888-457-4838 www.MilitaryHelpline.org

For all military service members, veterans, and their families.

VA National Call Center for Homeless Veterans

877-424-3838, Available 24/7

Connects vets with local services.

Veterans' Crisis Line, 24x7

800-273-8255, press 1

Suicide prevention & mental health

EMPLOYMENT

Veteran's Employment Rep.

Criselda Wilcox

450 Marine Dr, #110, Astoria

503-325-4821 x227 / 800-643-5709

503-325-2894 (TTY)

oregon.gov/EMPLOY/jobseekers/

Pages/Veterans.aspx

Reducing veterans' barriers to employment.

FAMILY SUPPORT

Joint Services Support

503-357-4216 —Jody Marsh

jointservicesupport.org/Default.aspx
Assistance with family deployment and
reintegration concerns.

HEALTH

North Coast Primary Care VA Clinic

Camp Rilea Building 7315
91400 Rilea, Neacoxie Rd, Warrenton
503-861-1452 or 1-800-949-1004
xt.52593

VA Portland Health Care System

3710 SW US Veterans Hospital Rd,
Portland 503-220-8262

LEGAL

Disabled American Veterans

100 SW Main St, Floor 2, Portland
503-412-4750 Fax 503-412-4751
dav.org

Help vets with legal concerns about
disability.

Veteran's Benefits Administration

100 SW Main St, Floor 2, Portland
800-827-1000 benefits.va.gov/benefits/
Provides information veterans, their de-
pendents, and survivors.

TRANSPORTATION

North Coast DAV Veterans Medical

Transport 503-721-7804
Free transportation to Portland Dept. of
Veterans Affairs or Camp Rilea
Community Medical Clinic. Must
schedule in advance.

HAVE YOU SERVED IN THE MILITARY?

Homeless or "at-Risk" Veterans

We Have Resources for You!

Clatsop Community Action
(503) 325-1400

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Clatsop County Resource Directory



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