

EAST HILL CHURCH RESOURCE LIST

Food:

HIGHLY RECOMMENDED: (*all times subject to change – please look them up or call first to verify*)

- **East County Food Pantry** at Smith Memorial Presbyterian Church 2420 NE Fairview Ave, Fairview, **Saturdays** 10:30am-12:30pm
- **Portland Adventist Community Services (PACS):** Also has mobile service!
 - Hours (normal): 3rd Tuesday of every month from 3:30-5:30pm
 - <https://www.pacsonline.org/mobile-food-pantry>
 - (503) 252-8500; Angelica Cortez (971) 288-6846
- **Salvation Army Gresham Corp:** 1 box every 30 days, must show ID, current mail w/ proof of address (let them know if you are homeless - they will still serve you). **Bring your own bags**
 - **ALSO** Free Food Market on 1st Wednesday - lots of fresh fruits and veggies - arrive by 8:45am so you have best pick - you get a cart full of food IN ADDITION to reg food box
 - warm meals onsite for seniors - if you qualify (Silver Beaus and Belles).
 - Hours (normal): Monday through Thursday 9am-Noon
 - 473 SE 194th Ave, Portland 97233, (503) 661-8972
- **SNAP Food Stamps** (971) 673-1400
 - A monthly supplement for purchasing food.
- **Snowcap** (503) 674-8785
 - <https://www.snowcap.org/services.html>
 - Hours: Mon-Fri 10-2 and Mon & Wed 6-8pm
 - Must show proof of address (special help for those who are homeless - tell them your situation)
 - 17805 SE Stark St, Gresham OR (Behind Rockwood Library)

OTHERS:

- **Birch Community Service:** Amazing resource for great food. SMALL FEE. For those with someone in the household who IS working, is able to volunteer, and willing to discuss finances such as financial counseling/education - **read about them on their website before applying**
 - Birchcommunityservices.org
- **Blanchet House of Hospitality** (503) 241-4340
 - Meals Served In-House and To-Go
 - <https://blanchethouse.org/free-food-meal-services/>
 - 310 NW Glisan St. Portland, OR
- **C3 Food Pantry** (971) 770-2720
 - Hours: Tuesday 11am-12pm
 - 6120 NE 57th Ave. Portland, OR

- **Centennial High School** - Food for Families:
 - Hours: 2nd & 4th Wednesday from 4-5pm
- **Crossroads Food Bank** (503) 257-9345
 - Hours: Thursday-Friday 9am-12pm; Saturday 10am-12pm.
 - 2407 NE 102nd Ave Portland, OR
- **East Hill Church** (503) 661-4444
 - We have a limited supply of nonperishable pantry items available at the church office *once every 30 days*.
 - **Hours:** Monday-Thursday from 9am-3pm
 - 539 N Main Ave. Gresham, OR 97030
- **Mainspring Community Pantry** (503) 233-5533
 - Food Boxes
 - Hours: Tuesday and Thursday from 9:30am-12pm
 - 3500 NE 82nd Ave. Portland, OR
- **Meals on Wheels**
 - Hot Lunches delivered for people 60+.
 - **Portland:** (503) 736-6322; **Gresham:** (503) 953-8201
- **Oregon Food Bank** (VIA Food Finder Online): The food finder is an excellent resource! ***Type in your zip code and the website will find resources near you!***
 - <https://foodfinder.oregonfoodbank.org/>
 - (503) 282-0555
- **Portland Open Bible Community Church** (503) 442-8228
 - Hours: Tuesday 4pm-7pm; Thursday 10am-1pm
 - 3223 SE 92nd Ave. Portland, OR
- **Portland Rescue Mission** (503) 906-7690 111 W Burnside Portland, OR
 - Various meals served all week.
- **St. Henry Catholic Church** (503) 235-8431
 - Hours: Tuesday 10pm-12pm
 - 346 NW 1st Gresham
- **St. Timothy Lutheran** (503) 761-8202 14500 SE Powell Blvd. Portland, OR
 - Hours: Monday-Thursday 10am-1pm
- **Sunshine Division** (503) 823-2119
 - sunshinedivision.org/get-help
- **Union Gospel Mission** (503) 274-4483
 - Downtown Portland / Burnside
 - Sack Lunches, Snacks, and Hot Meals
- **WIC** (Women, Infants, and Children): 211 OR 1-800-735-2900 - provide nutritional shopping support

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Clothing:

- **SnowCap Community Charities**
 - <https://www.snowcap.org/>
 - Shopping is by appointment only - call (503) 721-1740
 - **FREE** clothing
- **1st Orthodox Presbyterian Church** (503) 253-0695
 -
- **Beautiful Savior Lutheran Church** (503) 778-7000
- **Facebook:** "Buy Nothing Group" or "Gresham Helping Gresham". Many lovely people are willing to help out on both of these sites - ESPECIALLY with clothes and household items - if you are willing to share your situation.
- **Portland Adventist Community Services (PACS)** (503) 674-8785
 - Hours: Sunday-Friday (Closed Saturday). See hours online.
 - <https://www.pacsonline.org/thrift>
 - Low cost items (NOT FREE)

Housing/Utilities:

- **City of Gresham Water and sewer** [GreshamOregon.gov/Utility-Financial-Assistance](https://www.greshamoregon.gov/Utility-Financial-Assistance)
- **Call 211:** Help with utilities, phone, and heat
 - <https://www.211info.org>
- **Gresham Housing Services** - to get connected to vital housing svcs and resources in Gresham
 - **Email:** Housing@GreshamOregon.gov
 - **Call:** 503-618-2721
 - **Visit:** [GreshamOregon.gov/Housing](https://www.greshamoregon.gov/Housing)
- **Bienestar de la Familia** (503) 988-3509
- **El Programa Hispano Catolico** (503) 489-6842 / (503) 669-8350
- **Latino Network** (503) 208-2174
 - Call to schedule appointment
- **Central City Concern** - affordable housing and healthcare [centralcityconcern.org](https://www.centralcityconcern.org)

- **Catholic Charities:** Has emergency assistance grants that can help you to pay your rent.
 - (503) 231-4866
- **Assurance Wireless:** Free Cell Phone Program. Log on to see if you qualify.
 - <https://www.assurancewireless.com>
- **Home Forward** homeforward.org
 - Main phone: (503) 802-8300
 - Rent Assistance: (503) 802-8333
- **Impact NW**
 - <https://impactnw.org/>
 - (503) 721-1740
 - (971) 308-7356
- **IRCO:** Immigrant/Refugees - Possible help with utilities and rent.
 - seec@irco.org
 - (971) 271-6512
- **Modest Needs:** Offers Self Sufficiency Grants of up to \$1,000 to cover one emergency expense;
 - [More About Our Self-Sufficiency Grant - Modest Needs®](#)
- **Oregon Low Income Home Energy Assistance Program (LIHEAP):** A federally funded program through the U.S. Department of Health and Human Services;
 - <https://www.benefits.gov/benefit/1571>
- **Oregon Temporary Assistance for Needy Families (TANF):** This federal government created program can offer cash assistance and grants to low-income families;
 - https://www.needhelp-payingbills.com/html/oregon_public_assistance.html
- **Oregon.gov:** Housing Assistance:
 - <https://www.oregon.gov/ohcs/homeownership/pages/index.aspx>
- **Our Just Future** (formerly known as Human Solutions) affordable housing solutions
 - <https://humansolutions.org/>
 - (503) 405-7877
- **Programa Hispano** 333 SE 223rd Ave, Gresham Phone: (503) 669-8350
- **Salvation Army:** Offers special one-time assistance to help with rent.
 - [Salvation Army financial assistance \(needhelp-payingbills.com\)](#)
- **St Vincent de Paul** (503) 235-8431 utilities / rent

Health Care:

- Centennial High School Health Center
 - <https://www.multco.us/health/student-health-centers>
 - 3505 SE 182nd Ave, Gresham, OR 97030
- Compassion Connect Clinic - **various dates around the city and state**
 - <https://compassionconnect.com/oregon/>
- Good News Community Health Center
 - Medical 18000 SE Stark, Portland, 97233 ph (503) 489-0567
 - Dental ph (503) 660-3161
 - Good News Community Health Center <https://goodnewschc.org/>
- Medical Teams International: Mobile Dental and periodic screening for other things.
 - (503) 624-1000
 - Various dates and locations around the city - call or check their website
- Portland Adventist Community Services (PACS) Dental Clinic:
 - <https://www.pacsonline.org/gateway-grace-dental-clinic>
- Parkrose High School Health Center:
 - <https://www.parkrose.k12.or.us/student-health-center>
 - 12003 NE Shaver St, Portland, OR 97220
- Reynolds High School Health Center
 - <https://www.reynolds.k12.or.us/district/student-health-center>
 - (503) 988-3340
- Rockwood CDC/East County Community Health Care - <https://ecchealth.org/>

Resources for the Unsheltered / Houseless

#1 - Club Hope 100 SE Cleveland Ave., Gresham

***behind Polar King on Powell .8mi from East Hill Church*

Day center, food, laundry, shower, resources

CALL 211

Ask for a referral to a shelter or to Gresham Women's Shelter

Portland Central Church of the Nazarene (503) 760-6272

9715 SE Powell Blvd. (Seasonal beds)

Salvation Army (503) 661-2704

ask about shelters

Portland Rescue Mission (503) 906-7690

Downtown Portland

beds for men, meals and resources for anyone

Bybee Lakes Hope Center (971) 333-5070 (beds)

14355 N Bybee Lake Ct, Portland, OR 97203

Transition Project Resource Center (503) 280-4700

6130 SE Foster Rd, Portland 97206

Shelter up to 100, meals & resources

M-F 8am-4pm

Rent well. Classes to help those who have spotty rental histories qualify for renting.

Rent well. Org

Sex Trafficking Resources

National Human Trafficking Hotline (English / Spanish - 24hrs/ 7days)

Phone: (888) 373-7888

Text: INFO to 233733

Safety Compass - organization that supports those fleeing sex trafficking in our local area

Phone: (971) 235-0021

Email: safetycompassoregon@gmail.com

Help for Refugees:

- **Friends of Refugees:** "We are not a resettlement agency. While we sometimes partner with local resettlement agencies to meet specific needs, resettlement agencies contract with the U.S. government to provide essential, but immediate, needs to refugees upon arrival. We are a grass-roots organization that partners with local churches, organizations, and individuals to help refugees successfully rebuild their lives here. Relationship is one of our core values and we understand the value of having a trusted friend to help navigate life in a completely new environment. Each family has different, changing needs; from things like getting their kids registered in school to building businesses, from learning English to establishing their credentials. PDX Friends of Refugees walks through life with our new friends to help them not just survive, but thrive.";
 - <https://www.pdxfriendsofrefugees.com/>
 - Elizabeth D Jones: Elizabeth@pdxfriendsofrefugees.com (Tigard)

- **IRCO Slavic Center:** possible help w/ utilities /rent.
 - seec@irco.org;
 - (971) 271-6512

- **Refugee Care Collective:** Mentorship, Restart Kits, English Language Learning; We partner closely with all local resettlement agencies to serve and meet the needs of refugee families and individuals. These resettlement agencies work in partnership with the federal government to resettle refugees in Portland, Oregon.
 - Catholic Charities of Oregon
 - Ecumenical Ministries of Oregon
 - Immigrant & Refugee Community Organization
 - Lutheran Community Services Northwest
 - <https://refugeecarecollective.org/>; <https://refugeecarecollective.org/about/> (watch the video here); www.refugeecare.org
 - Megan Cegla, Executive Director: (503) 705-1165 megan@refugeecare.org

- **Rockwood CDC:** English Classes - sign up now for January classes. Rockwood CDC can also help connect them to a faith community like Ukrainian Bible Church
 - <https://ukrainianbiblechurch.com/>
 - Ukrainian Bible Church - 22820 NE Halsey St. Fairview, OR 97024

Youth Resources:

- New Avenues for Youth: Alba Collaborative:
 - Youth Resource Center (ages 9-17); 24/7
 - Crisis Support and Emergency Housing!
 - Mentorship and family mediation referrals.
 - alba@newavenues.org; (971) 754-4350 <-- Also the Crisis Support and emergency housing.
 - Youth Opportunity Center: 470 SE 165th Ave. Portland, OR 97233

- New Avenues for Youth: East Connect: FOR YOUTH AGES 9-25.
 - Outreach: Basic Needs, Narcan, Resources Referrals, Community Events, and Screenings for Shelter and Housing.
 - Housing Case Management: Screenings for Shelter and Housing, Housing Applications, Goal Planning, Basic Needs, and Resource Referrals.
 - outreach@newavenues.org; (503) 381-4469
 - Youth Opportunity Center: 470 SE 165th Ave. Portland, OR 97233

- New Avenues for Youth: PAVE & Education: *Education Services for youth ages 14-24:*
 - Tutoring Support, GED Program, Post-Secondary and college-access, Advocacy, Group Activities/Field Trips, Client Assistance;
 - *PAVE: Employment Resource Center for youth ages 16-24:* Job Readiness Training, Paid internships, job search assistance, resume building, interview practice, career coaching, work experience at Ben and Jerry's and New Avenues INK.
 - Education: education@newavenues.org; (503) 517-3985.
 - PAVE: paveinfo@newavenues.org; (503)-267-4382
 - Youth Opportunity Center: 470 SE 165th Ave. Portland, OR 97233

- Oregon.gov: Childcare Assistance:
 - <https://www.oregon.gov/dhs/assistance/child-care/Pages/index.aspx>

- Community Warehouse: Help with Furniture.
 - <https://www.communitywarehouse.org/give-furniture/>

- Rockwood CDC: Free English Classes!
 - Monday, Wednesday, Friday from 11:30am-12:30pm. Begins OCTOBER 3RD.
 - Melisa: MCROSBY@ROCKWOODCDC.ORG

- Snowcap: Trimet Bus Fare!
 - Fill out this form:
https://docs.google.com/forms/d/e/1FAIpQLSd4mvqXaWXJMs_yTu2S_H89uLy4TuSU_5aFWkRdCTVEfedSLA/viewform