

# Family Resources and Assistance

## Baby Items

Snowcap - 17805 SE Stark St., Portland, OR 97233

(Directly behind Rockwood Center)

Details: We have formula available for babies 12 months and younger. Diapers are currently available to a family twice per calendar year in the baby's first two years of life. You must live east of 82nd avenue and within Multnomah County. Proof of address will be required (mail addressed to you within the last 30 days). Call (503) 674-8785 to verify stock and obtain hours.

Native American Rehabilitation Assoc. NW - 620 NE 2nd St., Gresham

Details: A nonprofit organization with the mission "to provide education, physical & mental health services & substance abuse treatment that is culturally appropriate to American Indians, Alaska Natives & other vulnerable populations." Diaper requests are welcome but please call in advance for size availability. (503) 936-5989

Healthy Families of Clackamas County

Details: Diaper requests welcome for families residing in Clackamas County only. You can contact Baby Link at 971-400-7832 or by email at [babylink@co.clackamas.or.us](mailto:babylink@co.clackamas.or.us) to request diapering supplies.

## General Help

211

Details: Connects people with health and social service organizations including childcare and parenting assistance, utility assistance, food assistance, emergency management, food assistance, housing and shelter assistance, and health assistance.

Call: 211 or 1-866-698-6155

Text: your zip code to 898211

Email: [help@211info.org](mailto:help@211info.org)

Website: <http://www.navigateresources.net/info/>

## Healthcare

Snowcap - 17805 SE Stark St., Portland, OR 97233

(Directly behind Rockwood Center)

Details: Has a very limited budget for prescriptions. Call their office for more information at (503) 674-8785.

For corrections or to add information, please email [portlandfamilyresources@gmail.com](mailto:portlandfamilyresources@gmail.com).

## Student Health Centers

Details: Any youth in grades K-12 who live or go to school in Multnomah County can come to our clinics at no cost. You don't need to attend the school where the center is located. *If your child feels sick, please call prior to going to a clinic. Parkrose High School Clinic is the ONLY clinic open during March 23rd-27th.*

- Centennial High School - 3505 SE 182nd Ave, Gresham, Phone: 503-988-5488
- David Douglas High School - 1034 SE 130th Ave, Portland, Phone: 503-988-3554
- Franklin High School - 5405 SE Woodward St, Portland, Phone: 503-988-3370
- Madison @ Marshall High School - 3905 SE 91st Ave, Portland, Phone: 503-988-3382
- Parkrose High School - 12003 NE Shaver St, Portland, Phone: 503-988-3392
- Roosevelt High School - 6941 N Central St, Portland, Phone: 503-988-3909

## Meals for Kids

### Centennial School District:

Monday, March 16th - Friday, March 20th and Monday, March 30th - Tuesday, March 31st

Breakfast: 9:30-10:30am

Lunch: 11:30am-12:30pm

- Centennial High School - 3505 SE 182nd Ave. Gresham, OR 97030
- Parkland Elementary School - 15811 SE Main St, Portland, OR 97233

### David Douglas School District:

Monday, March 16th - Friday, March 20th and Monday, March 30th - Tuesday, March 31st

Breakfast: 9:00-10:00am

Lunch: 12:00-1:00pm

- David Douglas High School - South Campus - 1500 SE 130th Ave, Portland, OR 97233
- Ron Russell Middle School - 3955 SE 112th Ave., Portland, OR 97266
- Ventura Park Elementary - 145 SE 117th Ave., Portland, OR 97216
- Gilbert Heights Elementary - 12839 SE Holgate Blvd, Portland, OR 97236

### Gresham Barlow School District:

Monday, March 16th - Friday, March 20th and Monday, March 30th - Tuesday, March 31st

Breakfast: 8:30-9:00am

Lunch: 11:30-12:30pm

- Clear Creek Middle School - 219 NE 219th Avenue, Gresham, OR 97030
- Gordon Russell Middle School - 3625 SE Powell Valley Road, Gresham, OR 97080
- Highland Elementary School - 295 NE 24th Street, Gresham, OR 97030
- Hogan Cedars Elementary School - 1770 SE Fleming Avenue, Gresham, OR 97080
- North Gresham Elementary School - 1001 SE 217th Avenue, Gresham, OR 97030
- East Gresham Elementary School - 900 SE 5th Street, Gresham, OR 97080
- Kelly Creek Elementary School - 2400 SE Baker Way, Gresham, OR 97080
- West Gresham Elementary School - 330 W. Powell Blvd., Gresham, OR 97030

For corrections or to add information, please email [portlandfamilyresources@gmail.com](mailto:portlandfamilyresources@gmail.com).

### Laughing Planet Cafe:

From now until further notice Laughing Planet will be providing a free kids meal to kids who qualify for Meal Assistance Programs.

- Cedar Mill -625 NW Saltzman Rd., Portland, OR 97229, Hours: 11am-9pm, Every Day
- Hollywood -1914 NE 42nd Ave., Portland, OR 97213, Hours: 11am-9pm, Every Day
- Woodstock -4110 SE Woodstock Blvd., Portland, OR 97202, Hours: 11am-9pm, Every Day
- Lake Oswego -91 South State St. Suite 180F, Portland, OR 97034, Hours: 11am-8pm Every Day
- Belmont -3320 SE Belmont Street, Portland, OR 97214, Hours: 11am-9pm, Every Day
- NW 21ST Avenue - 909 NW 21st Ave., Portland, OR 97209, Hours: 11am-9pm Mon-Sat; 11am-8pm Sun

### Lionheart Coffee

Starting Monday, March 16th

Brown bag lunches available until they run out for anyone who needs it.

- 11421 SW Scholls Ferry Rd., Portland, OR
- 4590 SW Watson Ave., Portland, OR

### Bless Your Heart Burger

Starting Monday, March 16th

FREE burgers for students.

- 5410 NE 33rd Ave. Portland, OR 97211
- 126 SW 2nd Ave., Portland, OR 97204

### Grain & Gristle

Free food for students on Free or Reduced school lunch.

- 1473 NE Prescott St., Portland, OR 97211

### North Clackamas School District:

Monday, March 16th - Friday, March 20th and Monday, March 30th - Tuesday, March 31st

Meals Served: 7:30 to 9:00am

- Clackamas High -14486 SE 122nd Ave, Clackamas, OR 97015
- Milwaukie High - 2301 SE Willard St, Milwaukie, OR 97222
- Rex Putnam Elementary - 4950 SE Roethe Rd, Milwaukie, OR 97267

### Parkrose School District:

Monday, March 16th - Friday, March 20th and Monday, March 30th - Tuesday, March 31st

For corrections or to add information, please email [portlandfamilyresources@gmail.com](mailto:portlandfamilyresources@gmail.com).

Meals Served: 11:00am to 1:00pm

- Parkrose Middle School - 11800 NE Shaver St, Portland, OR 97220
- Russell Elementary School - 2700 NE 127th Ave, Portland, OR 97230

### Portland Public School District:

Monday, March 16th - Friday, March 20th and Monday, March 30th - Tuesday, March 31st  
Meals Served: 11:00am to 1:00pm

- Boise-Eliot/Humboldt Elementary - 620 N Fremont Ave, Portland, OR
- César Chávez Elementary - 5103 N Willis Blvd, Portland, OR
- George Middle School - 10000 N Burr Ave, Portland, OR
- Harrison Park School - 2225 SE 87th Ave, Portland, OR
- Lent School - 5105 SE 97th Ave, Portland, OR
- Dr. Martin Luther King Jr. Elementary - 4906 NE 6th Ave, Portland, OR
- Rigler Elementary - 5401 NE Prescott St, Portland, OR
- Rosa Parks Elementary - 8960 N Woolsey Ave, Portland, OR
- Scott Elementary - 6700 NE Prescott St, Portland, OR
- Sitton Elementary - 9930 N Smith St, Portland, OR
- Woodmere Elementary - 7900 SE Duke St, Portland, OR
- Markham Elementary - 10531 SW Capitol Hwy, Portland, OR
- Madison at Marshall - 3905 SE 91st Ave, Portland, OR
- Franklin High School - 5405 SE Woodward St, Portland, OR

### Pita Pit (Oregon City)

We would like to help out Oregon City students who are part of a free or reduced lunch program. Please, message us via Facebook if you are in need of food while we navigate through these next couple of weeks. As long as we are open, we are willing to help. Only messages we've received from students will be able to take advantage of this, up to four free small pitas per week. No judgements, only love.

- 423 Beaver Creek Rd, Oregon City, Oregon 97045

### Reynolds School District:

Monday, March 16th - Friday, March 20th  
Meals Served: 11:30am to 1:00pm

- H.B. Lee Middle School - 1121 NE 172nd Ave, Portland, OR 97230
- Reynolds Middle School - 1200 NE 201st Ave, Fairview, OR 97024
- Walt Morey Middle School - 2801 SW Lucas Ave, Troutdale, OR 97060
- Reynolds High School - 1698 SW Cherry Park Rd, Troutdale, OR 97060

### West Linn-Wilsonville School District:

Monday, March 16th - Friday, March 20th  
Meals Served: 10:00-11:00am

For corrections or to add information, please email [portlandfamilyresources@gmail.com](mailto:portlandfamilyresources@gmail.com).

- Boones Ferry Primary - 11495 SW Wilsonville Rd, Wilsonville, OR 97070
- Boeckman Creek Primary - 6700 SW Wilsonville Rd, Wilsonville, OR 97070
- Lowrie Primary - 28995 SW Brown Rd, Wilsonville, OR 97070
- Cedaroak Park Primary - 4515 Cedar Oak Dr, West Linn, OR 97068
- Bolton Primary - 5933 Holmes St, West Linn, OR 97068
- Trillium Creek Primary - 1025 Rosemont Rd, West Linn, OR 97068
- Sunset Primary - 2351 Oxford Street, West Linn, OR 97068
- Willamette Primary - 1403 12th St, West Linn, OR 97068
- West Linn High School - 5464 W A St, West Linn, OR 97068

## Meals for Families

Blanchet House - 310 NW Glisan Street, Portland, Oregon

Open Mondays - Saturdays, Breakfast 6:30-7:30 am, 11:30am-12:30pm, and 5:00-6:00pm  
 Details: Anyone who would like a meal is welcome to eat at Blanchet House of Hospitality. Free of charge. We offer delicious, well-balanced meals six days a week, three times a day in a safe, clean and friendly cafe. Our volunteers serve every guest a plate of food helping to nourish and restore dignity to the individual without judgment. There are no requirements to enjoy a meal at Blanchet House.

### PDX Covid-19 Mutual Aid Network

A grassroots effort of volunteers committed to assisting communities most impacted by COVID-19. They will do their best to let you know within 48 hrs if they are able to meet your needs. For financial assistance with both paying and shopping for groceries, please fill out the following form:

[https://docs.google.com/forms/d/e/1FAIpQLSdWmeBGnqdX14Q5ihC66u-bYzJ1oaJcigu\\_Vx44AJPRSoDMtQ/viewform](https://docs.google.com/forms/d/e/1FAIpQLSdWmeBGnqdX14Q5ihC66u-bYzJ1oaJcigu_Vx44AJPRSoDMtQ/viewform)

Snowcap - 17805 SE Stark St., Portland, OR 97233

(Directly behind Rockwood Center)

Open Mondays - Fridays 10:00am - 2:00pm, Plus Monday & Wednesday 6:00-8:00pm

Details: Families will be provided with 3-5 days of healthy groceries. You must live east of 82nd avenue and within Multnomah County. Proof of address will be required (mail addressed to you within the last 30 days). Call (503) 674-8785 for additional information.

Wichita Center - 6031 SE King Road, Milwaukie, Oregon 97222

Monday, March 16th - Friday, March 20th and Monday, March 30th - Tuesday, March 31st

Details: Drive thru food boxes available 10am - 4pm. Please drive up to the front drive-way and call 503-353-5663. Building will be closed to the public.

For corrections or to add information, please email [portlandfamilyresources@gmail.com](mailto:portlandfamilyresources@gmail.com).

## Transportation

### PDX Covid-19 Mutual Aid Network

A grassroots effort of volunteers committed to assisting communities most impacted by COVID-19. They will do their best to let you know within 48 hrs if they are able to meet your needs. If you have the financial means to purchase groceries but are unable to get to the store, they can shop and deliver for you. Please fill out the following form:

[https://docs.google.com/forms/d/e/1FAIpQLSdWmeBGnqdX14Q5ihC66u-bYzJ1oaJcigu\\_Vx44AJPRSoDMtQ/viewform](https://docs.google.com/forms/d/e/1FAIpQLSdWmeBGnqdX14Q5ihC66u-bYzJ1oaJcigu_Vx44AJPRSoDMtQ/viewform)

## Utility Assistance

City of Portland - Until further notice, Portland Water and BES will not disconnect water service for non-payment of sewer/stormwater/water bills. Customers are still responsible for sewer/stormwater/water charges due now accrued during this temporary suspension.

We offer flexible payment arrangements, discounts for low-income homeowners and renters and rent assistance for water users in multi-family properties and other options. Be proactive if you're facing financial hardship: Call Customer Service at 503-823-7770 to work out a plan. Apply for financial assistance at:

<https://www.portlandoregon.gov/water/69504>

Comcast- Effective Monday, March 16, 2020, new Internet Essentials customers will receive two free months of Internet service. We are also increasing the speed of the program to 25 Mbps downloads, and 3 Mbps uploads for all new and existing customers.

After your first two free months expire, you can either cancel the service (which you can do at any time) or keep it as a regular paying Internet Essentials customer. You will receive an easy to use self-install-kit that includes a cable modem (to receive service at your home) with a WiFi router (to connect your devices without wires). There is no term contract or credit check and no shipping fee for equipment. Qualifications:

1. You are eligible for public assistance programs such as the National School Lunch Program, Housing Assistance, Medicaid, SNAP, SSI and others.
2. You do not have outstanding debt to Comcast that is less than a year old. Families with outstanding debt more than one year old may still be eligible.
3. You live in an area where Comcast Internet service is available but have not subscribed to it within the last 90 days.

Northwest Natural- is suspending automatic service shutoffs in the event of nonpayment. Customers should call (800) 226- 4211 and contact the billing department to make arrangements.

For corrections or to add information, please email [portlandfamilyresources@gmail.com](mailto:portlandfamilyresources@gmail.com).

Pacific Power- Pacific Power said it is "temporarily suspending disconnections and late fees for non-payment for customers in Oregon, Washington and California to support the state of emergency declared in all three states in response to the COVID-19 virus." Customers can call 1-888-221-7070 at any time to speak with a customer care agent who can help answer any questions.

Portland General Electric (PGE)- We have suspended non-payment disconnection. If you need help with your bill, please call us. We'll work with you to find a solution that fits your needs. Here are a few ways to get started if you need help paying your bill:

- Need more time to pay?: You can request a payment extension 24/7 by logging in to your account or calling our automated phone system at the numbers below.
- Need more help? Call us: Our team will work with you to set up a payment plan. Our team can also help connect you with energy assistance programs, if needed. You can call us at 503-228-6322 or 800-542-8818 Monday through Friday, 7 a.m. to 7 p.m.

## Places in Need of Donations/Volunteers

### PDX Covid-19 Mutual Aid Network

A grassroots effort of volunteers committed to assisting communities most impacted by COVID-19 by purchasing and delivering groceries. If you are interested in helping, please fill out the following form:

<https://docs.google.com/forms/d/e/1FAIpQLSfAMZHbn6md19Tb28SM53ayFAQK02xJv1NXVjL-J26tDZOQ-g/viewform>

### Wichita Center - 6031 SE King Road, Milwaukie, Oregon 97222

Details: We are in need of donations of non-perishable food. We can receive donations from 10am-4pm, Monday-Friday with the exception of Spring Break. Please call us at 503-353-5663 when you arrive so we can come outside to receive the donation. Currently, we are only accepting donations of non-perishable food. Please do not bring in other types of donations at this time. We especially need: Canned Fruit, Peanut Butter & Jelly, Pasta Sauce, Applesauce, Pasta/Noodles, Cereal, Beans (Canned/Dry Bags), Canned Meat, Ramen & Soups

For corrections or to add information, please email [portlandfamilyresources@gmail.com](mailto:portlandfamilyresources@gmail.com).