*Call **211** or text zip code to **898211***

Or look up resources on line

www.211info.org

COMMUNITY RESOURCES

In Multnomah, Clackamas and Washington Counties

Prepared and Distributed by Unlimited Choices®

Unlimited Choices ®
211 SE 80th Avenue
Portland, OR 97215
503-234-6167

Agencies on Aging & Disability Services

Available 24 hours a day to assist you with

- Abuse
- In-Home support
- Meals (including Food
- Other issues related to aging and disabilities
- Housing
- Legal Help
- Transportation

Clackamas County.....503-655-8640
Multnomah County.....503-988-3646 / TTY…*503-988-3683*
Telephone interpreter service
Washington County.....503-846-3060

Emergency & Crisis Assistance

Fire, Police and Ambulance.....**911**
Call To Safety.....503-235-5333
Lines for Life..... *call or text...*988
Vets Crisis Line..... .988 then option 1
Senior's Line.....800-282-7035



Energy Assistance

LIEAP AND OEAP.....call 211 **or** ***www.211info.org***
PGE Discount Program.....503-288-6322
Energy Trust of Oregon..... 866-368-7878

Food

www.oregonfoodbank.org ***(to locate a pantry near you)***
Loaves & Fishes / Meals on Wheels....503-736-6325
Snow CAP ***Portland and Gresham***.....503-674-8785
Sunshine Division (***Portland)***.....971-325-8810

Home Repair

Clackamas Co.

Roof Grant Program ***(mobile owners)***.....503-650-3338
Home Repair Loans/Accessibility Grants....503-655-8591

Mult Co. / Portland

REACH Community Development.....503-231-0682
CEP (community energy project).....503-284-6827
AAAH Home Retention.....503-595-3517
PHB Repair Loan ***(Interstate Corridor)***.....503-823-3336

Housing

Housing Authority of Clackamas Co.....503-655-8267
Home Forward ***(Multnomah County)***.....503-802-8300
Housing Services of Washington Co.....503-906-6550
Arrive ***(formerly Portland Housing Center)***.....503-282-7744

Transportation



Tri-Met 503-962-2100
Bus Schedule Information.....503-238-7433
Ride Connection 503-226-0700
LIFT Para transit.....503-962-8000

Weatherization

Mult Co .....503-988-6295 **X** 3
Clackamas Co…***2-4YR wait list***.....503-650-3338
Community Action of Wash Co.....503-906-6550