|  |
| --- |
| **A Youth Community Resource Guide**  **Portland, OR**Table of ContentsArts … 3Athletics … 4Affinity-Based Resources: Race and Ethnicity … 5Affinity-Based Resources: Gender Identity … 6Eating Disorder Resources … 8Youth Development … 8Housing and Shelter Resources … 11Community Centers and Resources … 12Teen Parenting and Sexual Health Resources … 13Primary Care … 15Support Groups … 17Resources for Youth with Disabilities … 19**A note on youth healthcare access:**In the state of Oregon, youth ages 14 or older can legally consent to outpatient mental health and addiction services without parental consent, although providers are typically expected to involve the parents in the care. At age fifteen or older, youth can seek medical and dental care without parental consent, and youth of any age may legally access birth control information or services, including testing and treatment for Sexually Transmitted Infections.Find more details at: https://www.oregon.gov/oha/PH/HEALTHYPEOPLEFAMILIES/YOUTH/Documents/minor-rights.pdfARTS |
| **Oregon Children’s Theatre**The Oregon Children’s Theatre provides after-school and weekend classes for students ages 14-18. It features shows created and performed by adolescents for a youth audience.[1939 NE Sandy Blvd, Portland, OR 97232](https://www.bing.com/local?lid=YN873x101199530&id=YN873x101199530&q=Oregon+Children%27s+Theatre&name=Oregon+Children%27s+Theatre&cp=45.5261611938477%7e-122.64599609375&ppois=45.5261611938477_-122.64599609375_Oregon+Children%27s+Theatre&FORM=SNAPST)(503) 228-9571<https://www.octc.org/#index>**Vibe of Portland**Vibe provides art programming in schools in addition to music and visual art classes, summer camps, and workshops. They work with preschool to high school aged youth.**5633 SE Division Street, Portland, OR 97206**(503) 560-3592  |
| <https://vibepdx.org/>**Northwest Children’s Theater and School**NWCTS facilitates fall weekend classes, puts on youth shows, and provides school break camps, school programming, and other activities.1819 NW Everett Street, Portland, OR 97209(503) 222-2190 |
| <https://nwcts.org/> |
| **Owl & Bee Clay Co.**Owl & Bee Clay Co. puts on after-school and weekend classes in addition to art camps and birthday parties.3506 NE 57th Ave, Portland, OR 97213(503) 516-4837<http://www.owlandbeeclaycompany.com/>**Echo Theater Company**1515 SE 37th Ave, Portland, OR 97214(971) 267-ECHO (3246)Echo Theater Company’s classes, camps, and shows are open to children of all ages.<http://www.echotheaterpdx.org/> |
| **The Circus Project**1420 NW 17th Avenue, Suite 388, Portland, OR 97209**(**503) 764–9174The Circus Project offers classes and workshops to children of all ages. It also brings circus programming to schools and works with community partners to support underserved youth. |
| <https://www.thecircusproject.org/>**Rock n’ Roll Camp for Girls**P.O. Box 11324, Portland, OR, 97211(503) 833-2953We believe in empowering girls and our gender expansive community to turn it up! In celebrating the power of music creation to instill confidence, amplify girls’ voices, and catalyze social change. We form bands to foster collaboration and lift each other up, rather than tear each other down. We know that “Girls Rock” is more than a t-shirt slogan: it’s a community that is fun, fearless, and vital. We believe that all youth are inherently powerful and deserve positive role models and support for their creative endeavors. Our mission is to build confidence and self-esteem through music creation and performance, empowering women, girls, and gender expansive folk through collaborative music creation, peer to peer mentoring, and advocacy for an equitable and inclusive society.<https://girlsrockcamp.org/> |
| ATHLETICS |
| **Portland Parks & Recreation Sports Programs**1120 SW 5th Avenue, Portland, OR 97204(503) 823-7529Portland Parks & Recreation offers sports classes, camps, and leagues in sports such as golf, gymnastics, running, tennis, skateboard, baseball, archery, boulder, fencing, circus arts, and more. Practices typically are located at various community centers, and some programs have discounts available for residents.<https://www.portlandoregon.gov/parks/38286>**Northwest Fighting Arts**1200 SE Morrison St, Portland, OR 97214(503) 235-3435Northwest Fighting Arts provides Martial Arts lessons in Martial Arts such as Muay Thai, Western Boxing, Jeet Kune Do, Brazilian Jiu-Jitsu, various Tai Chi forms, and more. The lessons also build peaceful conflict-resolution and anti-bullying skills.<https://nwfighting.com/>**One with Heart Martial Arts School**4231 SE Hawthorne Blvd, Portland, OR 97215(503) 231-1999One With Heart offers day camps, lessons, and a transported after-school Martial Arts program with supervised homework and snack time. <http://www.onewithheart.com/> |
|  |
| **K-Lean's Tennis**14015 NE Glisan St, Portland, OR 97230(503) 701-4408K-Lean’s Tennis features daytime, after-school, and weekend tennis lessons for youth ages 4-18 with varied skill level. It also provides summer tennis and golf day camps.<http://www.k-leans.com/>**The Children’s Gym**1625 NE Sandy Blvd, Portland, OR 97232(503) 249-5867The Children’s Gym focuses on building self-esteem and respect through gymnastics. It offers classes, day camps, and after school programming for youth ages 12 months to 14 years.<https://www.childrensgym.com/>**Girls on the Run Portland Metro**2337 NW York Street Suite 202-E, Portland, OR, 97210Local locations listed on website(503) 318-5212At Girls on the Run we inspire girls to recognize their inner strength and celebrate what makes them one of a kind. Trained coaches lead small teams through our research-based curricula which includes dynamic discussions, activities and running games. Over the course of the ten-week program, girls in 3rd-8th grade develop essential skills to help them navigate their worlds and establish a lifetime appreciation for health and fitness. The program culminates with girls positively impacting their communities through a service project and being physically and emotionally prepared to complete a celebratory 5K event.<https://www.girlsontherunpdx.org/>AFFINITY-BASED RESOURCES: RACE AND ETHNICITY**African Youth & Community Organization**1390 SE 122nd Ave UE, Portland, OR 97233(971) 254-8916ACYO provides athletics, academic support, and culturally relevant mentoring in their youth services to foster leadership skills and cultural identity. The organization also provides health and disability resources, family services such as ESL groups and parenting groups, and trauma-informed mental health support with community healing workshops and cultural leadership.<http://www.aycoworld.org/>**Latino Network**410 NE 18th Ave, Portland, OR 97232(503) 283-6881Latino Network is a Latino-led education organization with early literacy, parental involvement, gang prevention, and academic support programs. They build culturally-relevant leadership and social justice development in youth and adults.<https://www.latnet.org/>**Native American Youth and Family Center**5135 NE Columbia Blvd, Portland, OR 97218(503) 288-8177NAYA works to promote culture and tradition with services that empower youth, incorporate families, and follow elders’ guidance. It offers college and career services, economic development, community engagement, an early college academy, foster care support, housing, and youth education, and many other supports.<http://nayapdx.org/>**Native American Rehabilitation Association (NARA) Youth Program**620 NE 2nd Street, Gresham, OR 97030(971) 274-3757The NARA youth program works to promote youth resiliency and positive identity in youth by teaching and maintaining Native American/Alaska Native cultural practices.<https://www.naranorthwest.org/projects/youth-services/>**Immigrant and Refugee Community (IRCO)**10301 NE Glisan St., Portland, OR 97720(503) 234-1541With other locations at:Africa House631 NE 102nd Ave, Portland, OR 97720(503) 802-0082Asian Family Center8040 NE Sandy Blvd., Portland, OR 97213(503) 235-9396IRCO’s youth programs promote immigrant and refugee youth’s wellbeing through mentoring, tutoring, academic support, after-school programming, gang prevention, and many family services. For younger children, it offers early childhood activities, health screenings, kindergarten readiness, and connections to culturally relevant local resources.**Oregon DREAMers\***Oregon DREAMers is a group of undocumented immigrant and refugee youth who work with community partners to advocate for immigrant rights, access to education, and immigration reform. It empowers and connects young people to promote positive leadership development, social justice, and a sense of identity and community.mayraoders@gmail.com<https://www.facebook.com/Oregon-DREAMers-238176396200988/>**Urban League of Portland**10 N Russell St, Portland, OR 97227(503) 280-2600The Urban League of Portland works to empower and unite the African-American community and other people of color through summer youth programming, community health initiatives, employment, economic advancement, and other resources that provide support services, activism, community engagement, and advocacy.<https://ulpdx.org/> AFFINITY-BASED RESOURCES: GENDER IDENTITY**Q Center**4115 N Mississippi Ave, Portland, OR 97217(503) 234-7837Q Center is the largest LGBTQ+ community center in the Pacific Northwest. It provides events, information and referrals, peer-led affinity groups, and addiction and mental health support.<http://www.pdxqcenter.org/>**GLSEN Oregon**\*(503) 683-1748GLSEN is a national education organization that works to fight harassment and bullying of LGBTQ+ youth in schools. It supports student action and activism to make changes in policy and in their schools.<https://www.glsen.org/chapters/oregon>**Sexual & Gender Minority Youth Resource Center (SMYRC)**[1220 SW Columbia St., Portland OR 97201](https://www.google.com/maps/place/1220%2BSW%2BColumbia%2BSt%2C%2BPortland%2C%2BOR%2B97201/%4045.515782%2C-122.687115%2C17z/data%3D%213m1%214b1%214m2%213m1%211s0x54950a1a2606482d%3A0xe5c22cf50e4ffc10)(503) 872-9664With another location at:1220 SE Oak, Portland, OR 977230SMYRC is a safe space for LGBT+ identifying youth to participate in art, music, organizing, open mic nights, drag shows, and support groups. It also offers drop-in mental health services with a Cascadia Behavioral Health Mental Health Specialist on Mondays in the SW Columbia location and on Wednesdays in the SE Oak location.<http://www.smyrc.org/>Brave Space5627 SE Woodstock Blvd, Portland, OR 97206(503) 486-8936In addition to providing mental health services specialized for LGBT+ community members and training for healthcare providers, Brave Space LLC offers a free clothing closet Monday-Thursday for gender non-binary and transgender folks.<https://www.bravespacellc.com/>Transactive Gender Center1631 NE Broadway Street, #355-T, Portland, Oregon 97232(503) 252-3000With another location at: 1435 SE 122nd Ave, Portland, OR 97233[(503) 252-3000](https://www.google.com/search?rlz=1C1GCEB_enUS816US816&biw=1600&bih=789&ei=wq-3W57HCofy5gL71aC4DA&q=transactive%20gender&oq=transactive+gender&gs_l=psy-ab.3..0j0i22i30.157971.160022..160201...0.0..0.150.2452.0j18......0....1..gws-wiz.......0i71j0i67j0i131j0i131i67j0i10.b_lRE9t5as0&npsic=0&rflfq=1&rlha=0&rllag=45521479,-122593311,4582&tbm=lcl&rldimm=3843696126785234534&ved=2ahUKEwim0en5-e_dAhVOjlkKHQyJBqIQvS4wB3oECAQQEw&rldoc=1&tbs=lrf:!2m1!1e2!3sIAE,lf:1,lf_ui:2) Transactive Gender Center provides support groups for family members, allies, and LGBT+ identifying youth ages 4-18. They also work in policy development and provide services to individuals, various organizations, and the local community.<https://www.transactivegendercenter.org/>The Living Room11097 SE 21st Ave, Milwaukie, OR 97222-7640(503) 901-5971The Living Room provides a safe space for LGBTQ+ youth ages 14-20 and allies to find support and local resources.<https://www.facebook.com/TheLivingRoomLGBTQ/>Sexual Assault Resource Center4900 SW Griffith Dr. # 100, Beaverton, OR 97005[(503) 626-9100](https://www.google.com/search?q=beaverton+sexual+assault+resource+center&rlz=1C1GCEB_enUS816US816&oq=beaverton+sexual+assault+resource+center&aqs=chrome..69i57j0.6156j0j4&sourceid=chrome&ie=UTF-8)SARC offers services to survivors of sexual assault, such as counseling, case management, a 24-hour support line, prevention and education initiatives, and a Latinx-specific program.<http://www.sarcoregon.org/>EATING DISORDER RESOURCESMonte Nido Eating Disorder Center of Portland5550 SW Macadam Ave #100, Portland, OR 97239(541) 275-6654Monte Nido offers day treatment and intensive outpatient services for youth who are experiencing eating disorders, either coming from a residential facility or from the community.<http://www.montenido.com/locations/portland-or/>[Provide](https://oregon.providence.org/our-services/p/providence-adolescent-eating-disorders-program/our-services/)nce Adolescent Eating Disorders Program9450 SW Barnes Road, Suite 200, Portland, OR 97225(503) 216-2025The Providence Adolescent Eating Disorders Program features a variety of services, such as diagnostic evaluations, free informational meetings, physical assessments, psychiatric assessment and medication management, a full-day partial hospitalization program, group and individual therapy, nutritional counseling, and therapeutic meal groups.<https://oregon.providence.org/our-services/p/providence-adolescent-eating-disorders-program/>Kartini Clinic[3530 N Vancouver Ave Ste 400, Portland, OR 97227](https://www.bing.com/local?lid=YN873x2211377585872266622&id=YN873x2211377585872266622&q=Kartini+Clinic&name=Kartini+Clinic&cp=45.5487594604492%7e-122.667602539062&ppois=45.5487594604492_-122.667602539062_Kartini+Clinic&FORM=SNAPST)(503) 249-8851Kartini Clinic offers eating disorder treatment services for children and young adults. These services address anorexia nervosa, bulimia nervosa, food phobia, ARFID, both inpatient and outpatient treatment, and a partial hospitalization program. Kartini also provides an Alternative School called Kartini School that supports students’ academic experiences while in treatment for eating disorders.<https://www.kartiniclinic.com/> |

YOUTH DEVELOPMENT

**Self Enhancement Inc.**

3920 N Kerby Avenue, Portland, OR 97227

(503) 249-1721

Self Enhancement Inc. works with underserved youth through schools, families, and community partners to support young people academically and personally. It provides in-school mentoring and advocacy, after-school, and summer programming for youth. It also offers post-high school support, a parent involvement program, and a range of community and family programs.
<https://www.selfenhancement.org/>

**Portland YouthBuilders**
4816 SE 92nd Ave, Portland, OR 97266
**(**503) 286-9350
Portland YouthBuilders works to support young people who have experienced poverty, violence, hunger, and grief by providing counseling, high school completion, and vocational training services. It facilitates youth programming that encourages academics, green construction, technology, personal development, career development, long-term support, leadership and service, and sustainability.
<http://pybpdx.org/>

**Momentum Alliance**

221 NW 2nd Ave Suite 203, Portland, OR 97209

(503) 231-5793
Momentum Alliance provides young people ages 14-30 with educational, job readiness, leadership and advocacy, and social justice programming. It serves youth of all identities, including undocumented, immigrant, indigenous, LGBTQ+, gang-affected, STI positive, houseless and incarcerated, teen parenting, trauma surviving youth. All activities are free, designed and led by young people, and offer bus tickets, food, and childcare reimbursement.
<https://www.momentumalliance.org/>

**R.E.A.P.**

1821 SE Cesar Estrada Chavez Blvd, Portland, OR 97214

(503) 688-2784
R.E.A.P. is a multicultural youth leadership program that works with underserved students grades Kindergarten through 12 and supports their academic, developmental, and emotional needs through civic engagement and conflict resolution.

<https://www.idealist.org/en/nonprofit/b10ae46c1a7b4431900425c310877438-reap-inc-portland>

**Friends of the Children**
[44 NE Morris St, Portland, OR 97212](https://www.bing.com/local?lid=YN720x12470618&id=YN720x12470618&q=Friends+of+the+Children&name=Friends+of+the+Children&cp=45.5443801879883%7e-122.665336608887&ppois=45.5443801879883_-122.665336608887_Friends+of+the+Children&FORM=SNAPST)
(503) 281-6633
Friends of the Children pairs underserved children in the Portland/Vancouver area with supportive mentors.
<http://friendspdx.org/>

**I Have a Dream Foundation Oregon**2916 NE Alberta St, Portland, OR 97211
(503) 287-7203
I Have a Dream Foundation Oregon provides after-school, weekend, and summer support for over 10 years with low-income students. It offers academic help and mentoring from graduates of the program as well as financial assistance towards higher education.
<https://www.ihaveadreamfoundation.org/>

**YMCA**
3119 SE Holgate Blvd, Portland, OR 97202
(503) 232-4790
YMCA offers youth programming in a variety of locations. These activities include summer day camps, competitive and recreational sports, and before and after-school care and classes that provide art activities, athletics, and homework help. The Youth and Teen Centers work to create a safe space for middle and high school students and are open after school, Saturdays, and on school breaks.
Find more locations at: <https://www.ymcacw.org/locations?type=facilities>

**Boys & Girls Club**
[7119 SE Milwaukie Ave, Portland, OR 97202](https://www.bing.com/local?lid=YN720x21434824&id=YN720x21434824&q=Boys+%26+Girls+Club&name=Boys+%26+Girls+Club&cp=45.4726295471191%7e-122.649230957031&ppois=45.4726295471191_-122.649230957031_Boys+%26+Girls+Club&FORM=SNAPST)
(503) 238-6868
The Boys & Girls Club provides small group and after-school programming. These programs support academics, development, health, arts, and athletics. The Kids Café program offers free meals, nutritional education, and food service training to children who are food insecure.
Find more locations at: <https://bgcportland.org/>

**Janus Youth Programs**
707 NE Couch Street, Portland, Oregon 97232
(503) 233-6090
In addition to providing services to teen parenting, abused and neglected, and houseless and runaway youth, Janus Youth Programs provides a scholarship fund. It also features Food Works, a youth development and employment program. Adolescents ages 14-18 in North Portland low-income neighborhoods gain leadership and employment experience while growing, selling, and donating organic produce in their own communities.
<http://www.janusyouth.org/>

**Impact NW**

Brentwood-Darlington Community Center, 7211 SE 62nd Ave., Portland, OR 97206

(503) 721-6777
In addition to many other types of family services, Impact NW Youth and Family Services provide programs that promote science, independent living to transition out of foster care, conflict-resolution and social-emotional skills, and job training and employment readiness for underserved youth.

**S.T.A.R.S. Mentoring Program\***
(866) 846-3719
S.T.A.R.S. provides mentoring, basketball, and gang-prevention programming to underserved youth ages 12-21 in Portland.
<http://www.starsmentoringprogram.com/>

**Caldera**
224 NW 13th Ave, Portland, OR 97209
(503) 937-3061
Caldera provides underserved youth from urban and rural communities with free arts and environmental programming with mentorship and educational components. Programming begins with 6th grade students and stays with them through high school graduation. Academic year programming is currently only open to students from the following Portland schools: H.B. Lee Middle School, Jason Lee K-8, Open School East, Open School North, Peninsula School K-8, and Reynolds. Summer programming is open to all students with preference for students of partner schools.
<http://www.calderaarts.org/caldera/>

**Camp Fire Columbia**
1411 SW Morrison St., #300 Portland, OR 97205
(503) 224-7800
In addition to summer camps and before-school care, Camp Fire Columbia offers after-school care from 2:15 to 6 pm at a variety of Portland Public School sites. Sliding scale financial aid is available.
Find the sites at: <https://campfirecolumbia.org/bas-portland-public-school-sites/>

**Trackers Earth Portland**
4617 SE Milwaukie Avenue, Portland, Oregon 97202
(503) 345-3312
Trackers Earth provides outdoor programming for students of all ages, through camps, classes, school-break activities, and mentoring programs.
<https://trackerspdx.com/>

**Boy Scouts of America, Cascade Pacific Council**

(503) 226-3423

22145 SW Naito Parkway, Portland, OR, 97201

Cascade Pacific Council of the Boy Scouts of America (CPCBSA) serves approximately 20,000 boys and girls in NW Oregon and SW Washington through exceptional programming that gets youth to “go play outdoors.” From summer camps to S.T.E.M. workshops, out inclusive programs grow leaders of tomorrow who are connected to nature, family and community. Designed for families with children ages 5-20, our programs encourage family participation in activities including summer outdoor adventure camps located on the Oregon coast and Cascade mountains, year-round experiential learning events and civic service.

<https://www.cpcbsa.org/>

HOUSING AND SHELTER RESOURCES

**p:ear**
[338 NW 6th Ave, Portland, OR 97209](https://www.bing.com/local?lid=YN873x3579148162581530143&id=YN873x3579148162581530143&q=p%3aear&name=p%3aear&cp=45.5257720947266%7e-122.676223754883&ppois=45.5257720947266_-122.676223754883_p%3aear&FORM=SNAPST)
(503) 228-6677
p:ear mentors Portland’s youth who experience houselessness, presents a kitchen program and safe space, and provides training programs in education, arts, and recreation.
<https://www.pearmentor.org/> **Porch Light Shelter**
1635 SW Alder Street, Portland, Oregon 97205
(503) 222-5933
Porch Light Shelter provides 30 beds for youth ages 15 to 23 who need immediate shelter. It supplies meals, showers, and laundry, and 15 nights of shelter monthly.
<http://janusyouth.org/programs/homeless-youth>

**Street Light Shelter**
1635 SW Alder Street, Portland, Oregon 97205
(503) 224-5988
Street Light Shelter supplies youth who are in search of housing with services and 30 beds. It serves young people ages 15 to 23.
<http://janusyouth.org/programs/homeless-youth>

**Access Center**
1635 SW Alder Street, Portland, Oregon 97205
(503) 432-3986
Access Center offers screenings for youth experiencing houselessness and then works to provide engagement, intake, and referrals for services through Portland’s Homeless Youth Continuum.
<http://janusyouth.org/programs/homeless-youth>

**Outside In**
1132 SW 13th Ave, Portland, OR 97205
(503) 535-3800
Outside In provides individualized support to youth without shelter, providing job training skills, medical care, mental health services, LGBTQ+ specific support, meals, recreation and art, and housing support.
<http://outsidein.org/>

**New Avenues for Youth**
314 SW 9th Ave, Portland, OR 97205
(503) 224-4339
New Avenues for Youth offers drop-in day services, educational and job training opportunities, college assistance, housing support, and other services for youth experiencing houselessness.
<http://newavenues.org/>

**Human Solutions Family Center**
16015 SE Stark St, Portland, OR 97233
(503) 477-9724
Human Solutions Family Center provides emergency shelter, housing assistance, and family advocacy to families experiencing houselessness.
<http://humansolutions.org/>

**Raphael House of Portland\***(503) 222-6507
Raphael House provides services, emergency shelter, counseling and support, and youth programming for survivors of domestic or intimate partner violence.
<http://raphaelhouse.com/>

**Rose Haven**627 NW 15th Ave(503) 248-6364
Rose Haven is a drop-in shelter that provides clothes, hygiene products, children supplies, private shower facilities and more to women and children.
[www.rosehaven.org](http://www.rosehaven.org)

COMMUNITY CENTERS AND RESOURCES

**The Center**
In addition to providing free tutoring on Thursdays for students grades 6 to 12, The Center offers leadership-themed summer and after-school programming. Its Youth Collective is focused on community-building and activism, and its Your Street, Your Voice program provides students of color and other underrepresented youth a $200 stipend to work on projects related to community representation and design.
3510 N Vancouver Ave, Portland, OR 97227
(503) 568-2068
<http://www.thecenterpdx.org/>

**Portland Parks & Recreation Community Centers**
The Portland Parks & Recreation Community Centers gymnasiums, fitness centers, inclusion services for people with disabilities, and after-school care and day camps. Specific programming varies based on site. There are 15 locations including:

Sellwood Community Center
1436 SE Spokane Street, Portland, Oregon 97202
503-823-3195

Find more locations at: <https://www.portlandoregon.gov/parks/39839>

**Multnomah County Public Libraries**
Multnomah County Public Libraries feature programming such as health education activities, children and family programs, academic and college support, literary and computer help and tutoring, ESL classes, resume assistance, and specific adolescent programming and events. Programming is available in multiple languages.

Albina Library
[3605 NE 15th Avenue, Portland, OR 97212](https://goo.gl/maps/8dC2YibEjKn)
(503) 988-5123

Find more locations at: <https://multcolib.org/hours-and-locations>

**Community Cycling Center**1700 NE Alberta St., Portland, OR 97211
(503) 287-8786Community Cycling Center offers refurbished bike sales, bike repairs, and bike maintenance classes that are inclusive of all genders and have scholarships available. It also offers summer bike camps for youth. The CCC is also a community partner in providing BIKETOWN for all, a reduced-cost bike share with membership of $3 a month for low-income riders.
<https://www.communitycyclingcenter.org/>

**Free Geek**1731 SE 10th Avenue Portland, OR 97214
(503) 232-9350
Free Geek provides free refurbished computers to K-12 students in the Portland area who have volunteered 24 hours in the past year. They also provide free computers to adults who spend 24 hours volunteering for them, and they sell refurbished electronics at discounted rates.<https://www.freegeek.org/>

## TEEN PARENTING AND SEXUAL HEALTH RESOURCES

**Portland Public Schools Teen Parent Services**4039 NE Alberta Ct., Portland, OR 97211, Alliance High School at Meek, Room 114
(503) 916-5858
Portland Public Schools provides on-site childcare at Franklin, Madison, and Roosevelt High Schools. The program also provides parenting education groups and male mentorship for teen fathers in individual and group settings. The Home Instructors provides home instruction for 6 weeks after the child’s birth, coordinating contact with teachers and homework retrieval. Teen Parent Services also provide Credit Recovery and Post High School planning to support parents’ graduation and career development.
<https://www.pps.net/Page/1175>

**Insights Teen Parent Services**
3308 NE Peerless Pl, Portland, OR 97232
(503) 239-6996
Insights Teen Parent Services provide services such as parent education and support for young parents, child developmental screenings, peer support, transitional housing, a resource closet, domestic violence safety planning, healthy relationship and sexuality education, family planning education and support, resources and referrals, and child welfare advocacy.
<https://insightstpp.org/>

**Squires PDX\***
(503) 421-0933
Squires PDX seeks to empower, encourage, and support adolescent fathers so that they can emotionally, physically, and financially support their children. It provides mentorship, an educational class, a Teen Father Workshop, and a monthly gathering to connect young fathers.
[www.squirespdx.org](http://www.squirespdx.org)

**The Multnomah STD Clinic**
426 SW Harvey Milk St., 6th floor, Portland, OR 97204
(503) 988-3700
The Multnomah STD Clinic provides STI testing services. Services without insurance typically cost $50.
<https://multco.us/service-locations/std-clinic>

**HIV Health Services Center**

426 SW Harvey Milk St., 5th floor, Portland, OR 97204
(503) 988-5020

Services are available on a sliding scale, and the Health Center accepts insurance.
<https://multco.us/health/hiv-health-services-center>

**Planned Parenthood**

3727 NE Martin Luther King Jr Blvd, Portland, OR 97212
(888) 875-7820

With another location at:

3231 SE 50th Ave, Portland, OR 97206
(888) 875-7820

Walk-in appointments are available to provide emergency contraception, pregnancy tests, HIV tests, and birth control services. Planned Parenthood provides a number of reproductive healthcare services including LGBTQA+ and men’s healthcare services. Planned Parenthood features sliding scale services and assistance obtaining insurance.
<https://www.plannedparenthood.org/>

**Prism Health**
2236 SE Belmont St, Portland, OR 97214
(503) 445-7699
Prism health offers free, confidential, first-come, first-served HIV and STI testing specifically for LGBTQ+ populations. In addition, it offers services in Spanish, primary care services, an on-site pharmacy, and PrEP to prevent HIV transmission.
<https://prismhealth.org/>

**Cascade AIDS Project**
520 NW Davis St Suite 215, Portland, OR
503-223-5907
<http://www.cascadeaids.org/>

The Cascade AIDS Project provides free, confidential, first-come, first-served HIV testing. It also offers insurance assistance and financial assistance and information around PrEP to prevent the transmission of HIV.

PRIMARY CARE

**Multnomah County Student Health Centers**

Parkrose High School

12003 NE Shaver St, Portland, OR 97220

(503) 988-3392

**Centennial High School**
3505 SE 182nd Ave, Gresham, OR 97030
(503) 988-5488

The Multnomah County Student Health Centers offer no-cost primary and mental healthcare services to all Multnomah County youth up to age 18. Services are located at elementary, middle, and high schools, and youth do not need to be enrolled in school or attend the same school as their Health Center. The Centennial High School Student Health Center offers free dental hygiene services.
Find a location at:

<https://multco.us/school/student-health-centers-locations-and-hours>

**Multnomah County Dental Clinics**

**Mid County Dental Clinic**
12710 SE Division St, Portland, OR 97236
(503) 988-3410

All Multnomah County Dental Clinics are free with the Oregon Health Plan. For uninsured patients, there is a co-pay based on income and family size.

Find more locations at: <https://multco.us/primary-care-and-dental/dental-clinic-locations-hours>

 **Native American Rehabilitation Association of the Northwest Dental Clinic**

12750 S.E. Stark St. Building E, Portland, OR 97233

(971) 347-3009

NARA is the only Native American-specific dental clinic in the Portland area. It provides services such as pediatric dental care, preventative services, restorative dental work, and more.

<https://www.naranorthwest.org/projects/dental-clinic/>

**Native American Rehabilitation Association of the Northwest Integrated Health Clinics**

The NARA Integrated Health Clinics feature Primary Care Physicians and services such as a breast and cervical cancer early detection program, a diabetes prevention program, nutritional counseling, acupuncture, immunizations, STI testing, education, and treatment, HIV testing and counseling, insurance assistance, and Well-Baby and Well Child Clinics. The Wellness Center is free for tribal members.
<https://www.naranorthwest.org/>

The locations are:

NARA Indian Health Clinic

15 N Morris St., Portland, OR 97214
(503) 230-9875

NARA Wellness Center

12360 E. Burnside, 2nd floor, Portland, OR 97233

(971) 279-2051

**Multnomah County Health Clinics**
(503) 988-5558
Multnomah County Health Clinics provide primary care services to all Multnomah County residents, including low-income and uninsured community members.
More locations available at: <https://multco.us/health/primary-care-clinics>

North Portland Health Center
9000 N Lombard St., Portland, OR 97203
(503) 988-5558

[La Clinica de Buena Salud](https://multco.us/service-locations/la-clinica-de-buena-salud) (provides services in Spanish)
6736 NE Killingsworth St, Portland, OR 97218-3317
(503) 988-5558

**Legacy Health Good Samaritan Clinic**
1200 NW 23rd Ave
Portland, OR 97210
(503) 413-7074
Legacy Health Good Samaritan Clinic serves clients ages 15 and up and accepts a variety of insurance plans. Interpreters are available for over 100 languages at no charge.

<https://www.legacyhealth.org/locations/clinics/primary-care-clinics/good-samaritan.aspx>

**Children’s Community Clinic**
2252 Lloyd Center, Portland, OR 97232
(503) 284-5239

The Children’s Community Language provides interpreters in Spanish, Russian/Ukrainian, Mandarin/Cantonese, Vietnamese & more languages. It serves uninsured, under-insured, and insured clients up to age 21.
<http://www.ccc4kids.org/>

SUPPORT GROUPS

##### **Home Free**

The Gateway Center, 10305 East Burnside Street, Portland, OR 97216
503.771.5503

High School Support Group (Teen Girls): Thursday 6:00-7:00

Middle School Support Group (Boys & Girls): Monday 4:00-5:30
Located at the Gateway Center, Home Free provides individual and group services to youth who have experienced domestic violence. It also provides childcare while adults seek services, prevention workshops in area schools, a crisis line, and support groups for children and teenagers. All services are free and available on a walk-in basis.
<https://www.portlandoregon.gov/gatewaycenter/article/304526>

**LGBTQ Survivor Support Group**

Bradley Angle Resource Center
5432 N Albina Avenue, Portland, OR 97217

This is an 8-week structured group that covers the dynamics of power in relationships, effects of abuse and self-empowerment. Registration Required. To register, contact the LGBTQ Coordinator: 503.595.9591 x305

**TransActive**

OHSU Richmond Clinic: 3930 SE Division, Portland, OR, 97202

4th Saturday of the month, 11:00am-1:00pm

503-252-3000

Website**:**<http://www.transactiveonline.org/index.php>

Professionally led monthly meeting for gender non-conforming and transgender youth, age 12-21.

**Washington County Pride Project Groups**

SMYRC

Starbucks on 117th and Canyon Road in Beaverton, OR

Mondays 4:00-5:30

Mo Kenny: 503-260-5792
This peer-led group is a completely confidential place to come and get support or provide it to others. An adult facilitator is present and usually around 6-30 youth are there. People at the group usually range in age from 13-21, are lots of races/ethnic backgrounds/socio-economic levels and are a mixture of genders and sexualities. Like any Pride Project activity, the groups are a safe place to be whoever and/or whatever you want to be without worrying that people will judge you. You can get free bus tickets to be able to get to group.

**Young People Sexual Diversity AA**Q Center, 4115 North Mississippi Avenue, Portland, OR 97217
(503) 234-7837

Young People Sexual Diversity AA is an Alcoholics Anonymous group specifically for young LGBTQ+ identifying people on Tuesdays 6:30-8:30pm.
<http://www.pdxqcenter.org/programs/addiction-support-recovery/>

**The Dougy Center**

3909 SE 52nd Avenue, Portland, OR 97206

The Dougy Center offers no-cost grief support groups for youth, including:

Esperanza (bilingual; support groups led in Spanish)
(503) 775-5683

Pathways (for youth coping with a family member’s serious illness)

(503) 775-5683

[www.dougy.org](http://www.dougy.org)

**Eating Disorders Support Group for Families, Friends, And Sufferers**

A Better Way Counseling Center

Downtown Portland, First Friday of the Month

503-226-9061

This group has been meeting for over 10 years and provides support and information to people with eating disorders and their loved ones. It is open to anyone with an eating disorder or anyone who has a friend or family member with an eating disorder. It is open to all ages, but children must be accompanied by a parent.

**Vanguard\***
(503) 252-3000
Vanguard is a support group for transgender and gender diverse youth, including genderqueer, gender nonbinary, and gender-fluid identifying young people ages 14-18. Cost is $35/semester. <https://www.transactivegendercenter.org/support-groups>

**FIRE Circle**

Kimberly Zeszutek, LPC

(503) 558-6809

Tuesday, 6:30pm, 90 minutes, Group Size: 6-8, $30/session, 6 week closed group, $180 total

Tabor Space, Portland, OR, 97215

“FIRE Circle is a therapeutic group that sparks conversations among youth who identify as being on the Autism Spectrum. The group creates space for youth to process presented topics while intentionally cultivating peer support and social skills. Together, we will recognize our own potential by exploring assumptions we have of ourselves and assumptions often put upon those with a diagnosis.”

**Teen Substance Abuse Recovery Group**

NW Behavioral Healthcare Services

503-722-4470

Tuesdays, 4:00-6:00pm

1832 NE Cesar Chavez, Portland, OR 97212
“Weekly, experiential, recovery group for adolescents seeking a fun, empowering support system that will assist them on their road to recovery from substance abuse. Youth are able to gain recovery skills within a dynamic, interactive process while developing new, healthy relationships. This group is professionally facilitated but is not a substitution for treatment: teenrecoverygroups@ northwestbhs.com”

RESOURCES FOR YOUTH WITH DISABILITIES

**Albertina Kerr Centers**
[424 NE 22nd Ave, Portland, OR 97232](https://www.bing.com/local?lid=YN720x12499678&id=YN720x12499678&q=Albertina+Kerr+Centers&name=Albertina+Kerr+Centers&cp=45.5260963439941%7e-122.643043518066&ppois=45.5260963439941_-122.643043518066_Albertina+Kerr+Centers&FORM=SNAPST)
(503) 239-8101
Albertina Kerr Centers’ Youth and Family Services provide short-term residential and crisis psychiatric care, an intensive-community based treatment, youth outpatient services, youth group homes, and a treatment program for youth with developmental disabilities and simultaneous mental health challenges.
Find more services and locations at: <http://albertinakerr.org/>

**Early Intervention & Early Childhood Special Ed (EI/ECSE)\***(503) 947-5703
Call the above number to access the Oregon system of free services for developmental delays and disabilities and their families, including early intervention and early childhood special education services.
<https://www.oregon.gov/ode/students-and-family/SpecialEducation/earlyintervention/Pages/default.aspx>

**FACT Oregon**
2475 SE Ladd Ave. Suite 430
Portland, OR 97214
(503) 786-6082
FACT Oregon works to connect families of youth with disabilities with special education resources and other support services.
<http://factoregon.org/>

**OHSU Institute on Development and Disability**Child Development and Rehabilitation Center
707 SW Gaines Street, Portland, OR 97239
The OHSU Institute on Development and Disability focuses on clinical service, public health and outreach, education programs, and research to support people with disabilities in their communities.
<https://www.ohsu.edu/xd/research/centers-institutes/institute-on-development-and-disability/>
Features programs such as:

Empowered Youth Leaders: (503) 494-8364
Taking Charge of My Health Care: (503) 494-1205
Healthy Lifestyles: Your Health, Your Choice Academy**:** (503) 494-8364

[**Autism Society of Oregon**](http://autismsocietyoregon.org/resources/)5100 Macadam Avenue, Suite 400
Portland, OR 97239
(503) 636-1676
The Autism Society of Oregon seeks to provide services to people with autism and connect them and their families to community, education, and healthcare resources.
<http://autismsocietyoregon.org/>

[**Learning Disabilities Association of Oregon**](https://ldaamerica.org/lda-chapters/oregon/)
10175 SW Barbur Blvd., #214b
Portland, OR 97219
(503) 997-3181
The Learning Disabilities Association of Oregon works as a resource, referral, and information center to support children, adults, and families of individuals with learning disabilities.
<https://ldaamerica.org/lda-chapters/oregon/>

**Easterseals Oregon**
7300 SW Hunziker St., Suite 103, Portland, OR 97223
(503) 228-5108
With another location at:

Easterseals Oregon Latino Connection
10011 SE Division St., Suite 305, Portland, OR 97266
(503) 335-6161

Easterseals Oregon offers youth programs such as summer camp and other recreation and respite services for young people with disabilities.
<http://www.easterseals.com/oregon/>

**OHSU Child Development and Rehabilitation Center (CDRC)**700 SW Gaines St, Portland, OR 97239
(503) 346-0640
The CDRC provides interdisciplinary clinical services and programs for people with developmental and other disabilities.
<http://www.ohsu.edu/xd/health/child-development-and-rehabilitation-center/contact-cdrc.cfm>

**Oregon Commission for the Blind**
535 SE 12th Avenue, Portland, OR 97214
(503) 234-7468
Oregon Commission for the Blind works with youth ages 14 and up who are blind to support them with a variety of transitional services. The Commission provides job counseling, work-based learning supports and self-advocacy instruction. Its Summer Work Experience Program is a 5-6 week paid summer summer job experience and training program for adolescents ages 16-20.
<https://www.oregon.gov/blind/livingwithvisionloss/Pages/youthtransition.aspx>