



Monica Parmley, LCSW

RESOURCES GALORE



AGENCY	CONTACT INFO	ADDITIONAL INFORMATION
Medical and Health Care Services		
Medical and Health Care: General		
Advance PCS Prescription Savings Plan	Phone: 800-238-2623	Offers low prices on prescription medications. For more information, see their website at: www.AdvanceRx.com
Essential Health Clinic	155 N 1st Ave. Hillsboro, OR 97124 Phone: 503-846-4919	Open Monday and Thursday evenings from 4:30-6:00pm. Free healthcare for children and adults without insurance.
Family Health Insurance Assistance Program (FHIAP)	Phone: 503-373-1656 x22006 1-888-564-9669	For those who do not qualify for OHP. 70-95% subsidy of private insurance. Cannot be on or eligible for Medicare. www.ipgb.state.or.us/fhiap
Heath Finder		www.healthfinder.gov Provides basic resources on diseases, conditions and injuries. Contains a medical library and connections to federal and non-profit sites. Information is also available in Spanish.
Lice Resource Team		http://w3.mesd.k12.or.us/shs/headlice/treat.htm
Multnomah County Health Info and Referral Line	Phone: 503-988-3333	Available Monday-Friday, 8-5:00.
Oregon Health Plan	426 SW Stark Portland, OR Phone: 503-988-5140 1-800-699-9075	Eligibility Hotline.
Oregon Hospice Association	Phone: 503-228-2104	
Prescription Assistance Program	1712 NE Sandy Blvd. Portland, OR 97232	Up to \$5 assistance on some prescriptions. Up to \$25 assistance once a year on some prescriptions.
Red Cross	Phone: 503-284-1234	Information and appointments.
State Children's Health Insurance Program (SCHIP)	Phone: 503-945-6955 1-800-359-9517	Covers children and teens living in households up to 185% of the federal poverty level. Must be uninsured for 6 months.
www.needymeds.com	P.O. Box 63716 Philadelphia, PA 19147-7516	Internet site listing special prescription coverage programs (pharmaceutical companies).
www.phrma.org		Assists people with medicines and prescriptions.
Medical and Health Care: HIV/AIDS		
AIDS Hotline	Help line: 503-223-2437 Phone: 800-777-2437	Info and help for individuals with STDs, AIDS/HIV, or anyone with questions regarding these matters.



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Medical and Health Care Services		
CARE Assist	800 NE Oregon #1105 Portland, OR 97232 Phone: 503-731-4029 Toll free: 1-800-805-2313	Helps HIV positive Oregonians with health insurance, prescription drugs, or co-payments and deductibles. Office hours Monday-Friday, 8-5. Clients must be HIV positive and be up to 200% federal poverty level.
Cascade AIDS Project	620 SW 5th, Ste. 300 Portland, OR 97204 Phone: 503-223-5907	Non-medical services for people and families with HIV/AIDS including housing assistance, support groups, emergency financial assistance, counseling and assistance with domestic chores.
Catholic Charities AIDS Ministry	528 NE 52nd Ave. Portland, OR 97213 Phone: 503-963-8102	Job and housing resources for women who are HIV positive. Office hours Monday and Thursday 9-4 and Tuesday, 9-3:30.
Ecumenical Ministries of Oregon HIV Services	2941 NE Ainsworth Portland, OR 97211 Phone: 503-460-3822	HIV day center is a drop-in center for people living with AIDS. Meals available, as well as other supportive services (haircuts, washer/dryer, etc.) Office hours Monday-Friday 9-3. Must have written verification of HIV and TB negative.
Esther's Pantry	2761 NE Halsey Portland, OR 97232 Phone: 503-281-8868	Food bank for low-income individuals who are disabled due to AIDS. Food delivery is possible.
Free HIV Testing	10 NE 10th Portland, OR 97232 Phone: 503-988-3030	Testing and counseling for people with HIV or Hepatitis C.
Institute for Traditional Medicine	2017 SE Hawthorne Blvd. Portland, OR Phone: 503-233-2101	Immune-enhancement project. Sponsors naturopathic treatment program for HIV-related illnesses.
Legacy Cancer/AIDS Nutrition Counseling	1130 NW 22nd Ave. Portland, OR 97210 Phone: 503-413-7283	Nutritional assessment, planning, and education for cancer or AIDS patients. Call for an appointment. Office hours Monday-Friday 8-4:30.
Multnomah County Health Department	5329 NE MLK, Jr. Blvd. Portland, OR 97211 Phone: 503-988-5020	Free AIDS testing on Tuesdays 5:00-6:30pm
Multnomah County Health Department	426 SW Stark, 6th floor Portland, OR 97204 Phone: 503-988-3775	Anonymous and confidential AIDS testing and counseling. \$20 fee, although no one is turned away.
Northwest Naturopathic Clinic	2606 NW Vaughn Portland, OR Phone: 503-224-8083	Naturopathic treatment for HIV/AIDS patients.
Our House of Portland	2727 SE Alder St. Portland, OR 97214 Phone: 503-234-0175	Only residential care facility providing care for men and women with advanced stage AIDS. Office hours Monday-Friday 9-5. Call admissions for details.



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Medical and Health Care Services		
Planned Parenthood	Various Locations Portland, OR Phone: 800-230-7526	Reproductive health care, HIV/AIDS testing, STD testing, abortions, birth control and pregnancy test. Free/sliding scale.
Russell Street Dental Clinic/ HIV Services	214 N. Russell Portland, OR 97227 Phone: 503-494-6822	Free dental services to HIV patients. Office hours M-Sat. 8-5
Swan House	2614 SE 160th Ave. Milwaukie, OR Phone: 503-786-4829	Hospice and residential care for AIDS patients.
Women's Inter-Community AIDS Resource	1608 SE Ankeny Portland, OR 97214 Phone: 503-238-4420	Serves children & women affected by HIV/AIDS. Support groups, food bank, clothing, advocacy, and education.
Medical and Health Care: Medical Services		
Adventist Health	13435 SE 97th Ave. Clackamas, OR 97015 Phone: 503-659-0880	Family practice and immediate care clinic. \$116 new patient, \$95 established patient.
Coalition of Community Health Clinics	619 SW 11th Ave. Ste 225 Portland, OR 97205 Phone: 503-546-4991	Medical clinics that provide free or low-cost health care to the uninsured. www.coalitionclinics.org
Corbett Chiropractic Clinic	4004 SW Kelly, Ste. 100 Portland, OR 97201 Phone: 503-223-5152	Sliding scale fee for low income and uninsured chiropractic care. Spanish-speaking staff available.
County Health Nurse--New Avenues for Youth	812 SW 10th Portland, OR 97205 Phone: 503-224-4339	TB, flu, pneumonia, and tetanus shots.
County Health Nurse--Salvation Army	131 SE Ankeny Portland, OR 97233 Phone: 503-239-1259	TB, flu, pneumonia, and tetanus shots. Open Wednesday, 1:15pm-3:15 pm
County Health Nurse--Transition Projects, Inc.	475 NW Glisan St. Portland, OR 97209 Phone: 503-823-4930	TB, flu, pneumonia, and tetanus shots. Open Mondays, 1:30pm-3:00pm
Department of Veteran Affairs	1220 SW 3rd Portland, OR 97204	Free health services for veterans (www.va.gov).
Douglas Brown, RN	Phone: 503-253-6334	Accepts OHP Open Card. Limited openings on a sliding scale.
Fulcrum Health Center	Phone: 503-234-7299	Andrew Bonner, ND; Kathy Dahlke, MD; Rebecca Raskin, MD have limited openings on a sliding scale.
Gresham Urgent Care	2850 E. Powell Valley Rd, Suite 100 Gresham, OR 97080 Phone: 503-666-5050	Urgent care only. Occupational medicine, worker's comp and motor vehicle accidents. Private insurance and uninsured, as available.
Helen Anthony Fund (Salvation Army)	1712 NE Sandy Blvd Portland, OR 97232 Phone: 503-239-1226	Free prescriptions for seniors over 60. No narcotics.



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Medical and Health Care Services		
Hill Burton Program/Emanuel Legacy Hospital	2801 N Gantenbein Portland, OR 97227 Phone: 503-413-2200	Free or sliding scale.
Indian Health Service	1220 SW 3rd #476 Portland, OR 97204	Free to tribal members. Appointment needed.
Internal Medicine Residency Clinic (aka PACE)	5050 NE Hoyt, Ste. 540 Portland, OR 97213 Phone: 503-215-6600	Providence has financial assistance available to those who qualify once they have applied. Patients are billed at a full rate and must complete a financial assistance application with requested documentation.
Legacy Clinic- Good Samaritan	1200 NW 23rd Portland, OR 97210 Phone: 503-413-7260	General medicine, no pediatrics or obstetrics. Open Monday-Friday, 9am-4:30pm
Lifespan	421 SW Oak Ste. 510 Portland, OR 97204 Phone: 503-988-4790	Free referral service that links caregivers to respite and recreation, support groups and financial assistance. The Family Caregiver Support Program (FCSP) helps people who provide care for an elderly parent, family member, neighbor or friend over 60 to access assistance to pay for respite care, housework, cooking, yard work and other services. Provides financial assistance for grandparents who are over 60 and who are legal guardians of their grandchildren. Open Monday-Friday 9am-5pm. Scholarships may be available. Website: www.co.multnomah.or.us/dchs/lifespan
Malcolm Smith, ND	Phone: 503-251-4535	Homeopathic physician with limited openings on a sliding scale.
Medical Transportation	Phone: 503-802-8700	Will provide transportation to medical, counseling, and dental appointments to clients on OHP or Medicaid. Need at least one-day notice if you cannot ride the bus and 3-4 days if you can.
Molalla Health Center	Phone: 503-723-2944	Clackamas County Public Health Clinic. Services include family planning, primary care, prenatal, immunization, AIDS info, WIC, well child, nutritional services, and dental services.
NARA NW Indian Health Clinic	15 N. Morris Portland, OR 97227 Phone: 503-230-9875	Accepts Medicaid and insurance. Free to enrolled members of tribes.
National College of Naturopathic Medicine	2220 SW 1st Ave. Portland, OR 97201 Phone: 503-552-1551	Low cost alternative healthcare. \$20 flat fee.



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Medical and Health Care Services		
Native American Rehab Association	2901 E. Burnside Portland, OR 97214	Primary care, mental health, psychiatric meds prescribed, and med management for Native Americans only.
New Day Homeopathic Clinic	1917 SE Clinton Portland, OR 97202 Phone: 503-795-7008	Free clinic open the first and third Wednesday evening of every month. Call for an appointment.
North Portland Nurse Practitioner Clinic	5311 N. Vancouver Portland, OR 97217 Phone: 503-284-5239	Urgent or immediate care for up to age 21 only. Well child immunizations, referrals to specialists. Spanish interpreters available. OHP or uninsured accepted. Open Monday 1pm-5pm, Tuesday-Friday 9am-5pm.
Old Town Clinic	219 W. Burnside Portland, OR 97209 Phone: 503-241-3836	Open Monday-Friday, 9-noon, 1:15-5:00pm. Closed Thursday afternoons. Primary care for homeless and low-income women and men of downtown Portland. If no OHP, sliding fee scale available. TB testing and general medical.
OHSU Urgent Care Center	3180 SW Sam Jackson Park Portland, OR 97201 Phone: 503-494-8311	Urgent care. OHP Is accepted. No one is turned away.
Open Gate Acupuncture and Herb Clinic	1011 E. Burnside Portland, OR Phone: 503-232-3857	Chinese herbal medicine available as well as acupuncture. Ask about sliding scale.
Oregon Center for Clinical Investigations, Inc.	2230 NW Pettygrove St. Suite 120 Portland, OR 97210 Phone: 503-276-6224	Mental health studies: depression, bi-polar, anxiety, panic and ADD. Free mental health assessment, primary care and medications for those who qualify.
Oregon City Health Center	Phone: 503-655-8471	Clackamas County Public Health Clinic. Services include family planning, primary care, prenatal, immunization, AIDS info, WIC, well child, nutritional services, and dental services.
Oregon College of Oriental Medicine	10541 SE Cherry Blossom Portland, OR Phone: 503-253-3443	Herbal medicine and acupuncture. Sliding scale. Open Monday-Saturday, 8:30-5:30. Thursday open until 8:00 pm. Take #15 bus.
Outside In	1132 SW 13th Portland, OR 97205 Phone: 503-223-4121	Walk-in medical services for ages 30 and under on Monday, Wednesday, and Friday at 9am. Walk-in naturopath for any age Monday-Friday at 1:30pm, Thursday at 9am, or Monday and Wednesday 6-9:30pm. Acupuncture and chiropractic by appointment. Help with OHP enrollment. Sliding scale available.
Portland Adventist Community Services	11020 NE Halsey Portland, OR 97220 Phone: 503-252-8500	Free or \$10. Family health services.



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Medical and Health Care Services		
Portland Alternative Health Center	Phone: 503-228-4533	
Portland Naturopathic Clinic	11231 SE Market Portland, OR Phone: 503-255-7355	Herbal medicine and wholesale. Sliding scale fees for low-income people.
Portland Niño's	1200 SE Morrison Portland, OR 97214 Phone: 503-233 0721	Health education for Latino families with children ages 0-6. Parents participate in community talks on nutrition, dental care and safety with "Promotores de Salud" (Health Promoters). Parents learn about important child health issues. Childcare is provided.
Project Quest Integrated Health Center	2100 SE Belmont St. Portland, OR 97214	Mental health, osteopathic doctor, support groups (including HIV support group), yoga and meditation, community groups. Open Monday-Friday 8am-5pm
Providence Ambulatory Care & Education Center (PACE)	5050 NE Hoyt, Ste. 540 Portland, OR 97213 Phone: 503-215-6600	Providence has financial assistance available to those who qualify once they have applied. Patients are billed at a full rate and must complete a financial assistance application with requested documentation.
Providence Family Medicine North Portland	5279 N Lombard Portland, OR 97203	Family practice. Financial assistance available.
Rosewood Family Health Center	8935 SE Powell Blvd. Portland, OR 97266 Phone: 503-772-4335	Primary care facility. Sliding scale and OHP. Call for appointment. Hours: M-F, 8-4:30.
Sandy Health Center	Phone: 503-722-6660	Clackamas County Public Health Clinic. Services include family planning, primary care, prenatal, immunization, AIDS info, WIC, well child, nutritional services, and dental services.
School-Based Multnomah County Health Clinics	Call for all locations. Phone: 503-988-3360	Services to youth, ages 11-21, in Multnomah County. Offer diagnosis and treatment of injury, sports physicals, reproductive health info, immunizations, fitness and nutrition education, prescription medications, and referrals to outside medical providers.
Summit Research Network	1849 NW Kearney St. Suite 201 Portland, OR 97209 Phone: 503-279-8252	Medical Research Organization. Conducts studies on anxiety, ADHD, bi-polar, and social phobias.
TB Management Clinic	426 SW Stark, 3rd Floor Portland, OR 97204	No TB tests for shelters.



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Medical and Health Care Services		
Tim Shannon, ND.	2610 SE Clinton St., Suite E Portland, OR 97202 Phone: 503-236-8853	Homeopathic physician with limited openings on sliding scale.
Wallace Medical Concern- Downtown	Estate Hotel Clinic 225 NW Couch Portland, OR Phone: 503-274-1277	Free basic urgent medical care for uninsured people over age 15. Call for appointment. Dermatology and podiatry care available. Spanish interpretation available.
Wallace Medical Concern- Gresham	800 SE 181st Gresham, OR Phone: 503-274-1277	General medical clinic for uninsured or low insured.
Wallace Medical Concern- Youth Clinic	820 SW Oak Portland, OR 97205 Phone: 503-274-1277	General medicine for street youth, plus chiropractic care, pregnancy, & STD testing, referrals. By appointment.
West Burnside Chiropractic Clinic	134 W Burnside Portland, OR 97209 Phone: 503-223-2213	Free services for low income and no insurance. Open Monday-Thursday, 9am-5:00pm. Closed for lunch 12:30-1:30pm.
Westside Natural Health Center	4444 SW Corbett Portland, OR 97239 Phone: 503-224-4003	Holistic, pediatrics, pre-natal, etc. Open Monday-Friday, 8:30-5:30.
William Temple House	2023 NW Hoyt Portland, OR 97209 Phone: 503-226-3021	Prescription assistance up to \$50 one time a year.
Medical and Health Care: Multnomah County Health Clinics		
East County Health Clinic	620 NE 2nd St. Gresham, OR 97030 Phone: 503-988-5155	Primary care for all ages. Referrals to specialists.
La Clinica de Buena Salud	6736 NE Killingsworth Portland, OR 97218 Phone: 503-248-3991	Primary care for all ages. Referrals to specialists.
Mid County Health Center	12710 SE Division Portland, OR 97236 Phone: 503-988-3601	Primary care for all ages. Referrals to specialists.
Neighbor Clinic/ Brentwood Darlington Community Health Clinic	7200 SE 60th Portland, OR 97206 Phone: 503-916-6355	School-based health center at Lane Middle School. Students have access to physical and mental health care.
Northeast Health Center	5329 NE MLK, Jr. Blvd. Portland, OR 97211 Phone: 503-988-5055	Primary care for all ages. Referrals to specialists.
North Portland Health Clinic	9000 N Lombard Portland, OR 97203 Phone: 503-988-5304	Primary care for all ages. Referrals to specialists.
School-Based Health Center Program	Based at 13 elementary, middle and high schools. Phone: 503-988-3333	Free care with parental consent. Third party insurers are billed when possible.



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Medical and Health Care Services		
Southeast Health Center	3653 SE 34th Ave Portland, OR 97202 Phone: 503-988-3500	Primary care for all ages. Referrals to specialists.
Westside Health Center	426 SW Stark, 5th Floor Portland, OR 97204 Phone: 503-988-5140	Walk-in clinic. Open Monday-Friday, 8-5:00. Sliding scale, OHP Plus A&C only and Care Oregon.
Medical and Health Care: Women's Health Care		
All Women's Health Services	Phone: 503-233-0808	
Birthright	1515 NE 41st Portland, OR 97232 Phone: 503-249-5801 Hotline: 800-550-4900	Open Monday-Thursday, 10am-8pm; Friday-Saturday, 10am-3pm. Free pregnancy tests and maternity & baby clothes. Adoption referrals.
Boys and Girls Aid	018 SW Boundary Court Portland, OR 97239 Phone: 503-222-9661 Crisis Line: 800-342-6688	Services for pregnant women and young parents. Crisis line available 24-hours.
Breast & Cervical Cancer Program	Call for eligibility and screening locations. Phone: 503-988-4043	For women 40 years and older. Once in program, regular mammograms and pap smear paid for by county at participating clinics.
Child's Path	1712 NE Sandy Portland, OR 97232 Phone: 503-872-8379	Food program for pregnant and breast-feeding women and children ages 1-6. Open Monday, Wednesday, and Friday, 9-11:30, 1:30-3:30. Must live in Portland.
Community Health Program	Phone: 503-284-5239	
Crisis Pregnancy	1626 NE 9th Portland, OR 97232 Phone: 503-284-1977	Free pregnancy tests and maternity & baby clothes.
De Mujer a Mujer	6737 NE Killingsworth Suite 100 Portland, OR 97218	Mammograms and pap smears provided for Spanish-speaking women.
Elizabeth House	4055 SE Salmon Portland, OR Phone: 503-236-7235	Shelter for pregnant women ages 14-21. Maximum stay of 6 months. Open Monday-Friday, 8:30am-5pm.
Healthy Start and Welcome Baby	5329 NE MLK, Jr. Blvd. Portland, OR 97211 Phone: 503-988-5055	Prenatal care for low-income families.
Lovejoy Surgicenter	933 NW 25th Portland, OR Phone: 1-800-752-6189	Pap smears, infection tests, pregnancy tests, and birth control. Abortions available. Outpatient tubal ligations.
Multnomah County Health Department	5329 NE MLK, Jr. Blvd. Portland, OR 97211 Phone: 503-988-5055	Provides primary care. OHP patients.



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Medical and Health Care Services		
Multnomah County Field Nursing Services	5329 NE MLK, Jr. Blvd. Portland, OR 97211 Phone: 503-988-5055	Resources for prenatal care for low-income families (home visits).
NARA Indian Health Clinic	15 N. Morris Portland, OR 97227 Phone: 503-230-9875	Native American services. Prenatal care, immunizations, STD education, well-child exams, women's health care and more.
Neighborhood Health Clinics	4945 NE 7th Portland, OR Phone: 503-288-5995	Office hours Monday-Friday, 8-5:00. Clinic for people with no insurance Monday-Thursday, 6:30-9:30pm. Dental service available Monday evenings for \$25.
OHSU Women's Health Clinic	Phone: 503-494-1700	
Old Town Clinic	219 W. Burnside Portland, OR 97209 Phone: 503-241-3836	
Open Adoption and Family Services	5200 SW Macadam, Ste 250 Portland, OR Phone: 503-226-4870	Adoption counseling and financial aid.
Oregon SafeNet	Hotline 1-800-723-3638 Phone: 503-988-5858	Women and children's health line for Oregon. Callers are referred to health and social services programs including reproductive health, primary care, dental, mental health, domestic violence, child abuse, etc, as well as government programs such as WIC and foodstamps. Available M-F 8-8.
Planned Parenthood	3231 SE 50th Ave Portland, OR 97202 Phone: 503-775-4931	Reproductive health care, HIV/AIDS testing, STD testing, abortions, birth control and pregnancy test. Free/sliding scale.
Planned Parenthood-Teen Clinic	3531 NE 15th, Ste. B. Portland, OR 97212 Phone: 503-288-8826	Free/sliding scale. www.ppcw.org
Poison Center	3505 SW Veterans Rd. Portland, OR 97239 Phone: 503-494-8968	First Aid information for poisonings and toxic substances. Located on OHSU campus. Open 24 hrs.
Pregnancy Resource Center	9255 NE Halsey Portland, OR 97220 Phone: 503-256-0808	Pregnancy tests, prenatal and parenting classes, post-abortion counseling, prevention services.
Providence Maternal Care Clinic	2705 E. Burnside St. #114 Portland, OR 97214 Phone: 503-215-6262	Annual and maternal health care. OHP accepted or sliding scale and payment plan available.
Salvation Army White Shield Program	2640 NW Alexandra Portland, OR 97296 Phone: 503-239-1248	Residential treatment facility for pregnant mothers; shelter for emergency care, ages 10-18.



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Medical and Health Care Services		
Virginia Garcia Memorial Health Clinic	2935 SW Cedar Hills Blvd., Beaverton, OR 97005 Phone: 503-352-6000 226 SE 8th Ave., Hillsboro, OR 97123 226 SE 8th Ave., Hillsboro, OR 97123 Phone: 503-601-7400	Primary Care, maternity, parenting and immigrant services.
WIC (Women, Infants, and Children)	Phone: 503-988-3503	Nutritional and educational services for pregnant women and women with young children.
Women's Veterans Health Services	3710 SW US Veterans Hospital Rd. Portland, OR 97239 Phone: 888-233-8306	Provides health care for female veterans of the Armed Services and Coast Guard. Fees vary by service. Hours: M-F, 9-4.