



Monica Parnley, LCSW

# RESOURCES GALORE



AGENCY	CONTACT INFO	ADDITIONAL INFORMATION
<b>Transportation &amp; Bus Tickets</b>		
<b>Bicycle Hotline</b>	<b>Phone:</b> 503- 823-CYCL (2925)	Information on bike lanes and bike facilities, safe cycling, and a free color map of Portland's bikeway network.
<b>Citybikes Worker Co-Op</b>	734 SE Ankeny St. Portland, OR 97214 <b>Phone:</b> 503-239-6951 1914 SE Ankeny St. Portland, OR 97214 <b>Phone:</b> 503-239-0553	First location has used bikes and performs small repairs. The second location offers full repair service.
<b>COMET (State)</b>	<b>Phone:</b> 503-283-5859 <b>Phone:</b> 503-731-4652	24-hour emergency service on state highways. Flats & jumps free, fee for tows.
<b>Community Cycling Center</b>	1700 NE Alberta Portland, OR 97211 <b>Phone:</b> 503-288-8864	Bicycle repair, training, and education. Serves youth ages 6-19.
<b>Downtown Catholic Chapel</b>	601 West Burnside Portland, OR 97209 <b>Phone:</b> 503-228-0746	Bus tickets for medical appointments.
<b>Fareless Square</b>		300 block area in downtown and part of NE Portland with free fare on buses, Max and trolley. See <a href="http://www.trimet.org">www.trimet.org</a> for more details.
<b>Greyhound Portland</b>	<b>Phone:</b> 503-243-2357 or 800-231-2222	
<b>Medical Transportation</b>	<b>Phone:</b> 503-802-8700	Will provide transportation to medical, counseling, and dental appointments to children and disabled clients on Oregon Health Plan or Medicaid. Need at least one-day notice if you cannot ride the bus and 3-4 days if you can.
<b>NW Pilot Project</b>	1430 SW Broadway, Ste 200 Portland, OR 97201 <b>Phone:</b> 503-227-5605	Offers services to individuals 60+ who need assistance to remain independent.
<b>NW Portland Ministries</b>	1816 NW Irving Portland, OR 97209 <b>Phone:</b> 503-221-1224	Transportation for seniors and disabled people in NW and SW Portland. Fees vary by service.
<b>Project Linkage</b>	2200 NE 24 <sup>th</sup> Ave Portland, OR 97212 <b>Phone:</b> 503-249-0471	Provides transportation to elderly or disabled in NE and SE Portland.
<b>Salvation Army</b>	1712 NE Sandy Blvd. Portland, OR 97232 <b>Phone:</b> 503-239-1226	Family service assistance hotline. Occasional \$5.00 gas vouchers--one time emergency. Must make appointment. License and insurance required.
<b>Senior Citizens Grocery Shuttle (African American Chamber of Commerce)</b>	P.O. Box 5488 Portland, OR 97228 <b>Phone:</b> 503-572-0812/ 503-244-5794	Provides free grocery shopping transportation for adults 60+ yrs. living in N/NE Portland.



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<b>St. Vincent de Paul</b>	3601 SE 27 <sup>th</sup> Ave. Portland, OR 97202 <b>Southeast Phone:</b> 503-235-8431 <b>Northeast Phone:</b> 503-233-5589	Occasional gas vouchers. Call for more information.
<b>Transition Projects, Inc.</b>	<b>Phone:</b> 503-823-4930	
<b>Transportation Reaching People</b>	<b>Phone:</b> 503-655-8208	Volunteer transportation for elderly and disabled.
<b>Tri-Met</b>	4012 SE 17 <sup>th</sup> Ave. Portland, OR 97202 <b>Phone:</b> 503-238-RIDE (7433) TTY: 503-238-5811	Call or visit website for trip planning and transportation schedules and to get information about using the bike racks. <a href="http://www.trimet.org">www.trimet.org</a> .
<b>Tri-Met Call-A-Bus</b>	<b>Phone:</b> 503-231-3199 TTY: 503-239-3010	
<b>Tri-Met LIFT</b>	<b>Phone:</b> 503-802-8200 or 503-802-8000	For people with disabilities who are not able to ride public transportation. Call for application and reservation.
<b>Tri-Met Senior and Honored Citizen Info</b>	<b>Phone:</b> 503-962-2455 TTY: 503-238-5811	
<b>Volunteer Transportation --Ride Connection</b>	3131 N. Vancouver Portland, OR 97227 <b>Phone:</b> 503-280-1445	Transportation available for elderly and disabled clients.
<b>William Temple House</b>	2023 NW Hoyt Portland, OR 97209 <b>Phone:</b> 503-226-3021	Bus tickets available for medical appointments.
<b>ZipCar Portland</b>	808 SW Third Avenue, Suite 480 Portland, OR 97204 503.328.3539 fax 503.241.3076	Network of cars, minivan, and pickup trucks for people who do not need a car every day. Pay for hours and miles driven. <a href="http://www.flexcar.com">www.flexcar.com</a> .